

Preventing cancer



Preventive screenings help to detect cancer before you have symptoms. Getting your screenings regularly may find cancers early, when treatment is likely to work best.

Follow the advice of your medical provider for your specific screenings and schedule.

Colorectal cancer screening

Talk to your doctor about which test is right for you:

- **Colonoscopy:** Complete by age 50 and then every 10 years.
- **Sigmoidoscopy:** Complete by age 50 and then every 5 years.
- **Fecal occult blood test:** Complete by age 50 and then yearly.

Female early cancer detection

- **Pap test:** Start by age 21 and then retest per your physician's recommendation.
- **Clinical breast exam:** Complete per your physician's recommendation.
- **Mammogram:** Start by age 40 and then retest per your physician's recommendation.

Male early cancer detection

- **Digital rectal exam:**
 - Complete by age 50 and then yearly.
 - Complete by age 40 for those at risk, and then yearly.
- **Prostate Specific Antigen (PSA) test:** Complete per your physician's recommendation.

Skin cancer prevention tips

By protecting yourself from the sun, you can avoid painful sunburns and keep your skin looking smooth. Plus, when you shield your skin, you're also lowering the chances of getting skin cancer.



Keep your skin safe, and enjoy the outdoors.

By following these prevention tips, you're not just taking care of your skin now, you're setting up a strong defense for the future.

- Avoid the sun between 10 a.m. and 4 p.m.
- Cover up with protective clothing.
- Wear a wide brimmed hat.
- Use UVA protective sunglasses.
- Seek shade.
- Avoid reflective surfaces.
- Don't use tanning salons or sun lamps.
- Use sunscreen with SPF 30 or higher.
 - Apply 1/2 hour before sun exposure.
 - Reapply every two hours.

Staying healthy programs

- **Eating for Life:** Develop healthy eating and exercise habits
- **Stay Smokeless for Life:** Quit tobacco to improve your health
- **Stress Less:** Learn to prevent and manage stress in your daily life
- **Guided Meditation:** Experience a retreat from everyday stressors
- **Healthy Habits Healthy You:** Develop habits to prevent diabetes and heart disease
- **Sleep Better:** Learn about the importance of sleep
- **Yoga:** Stretching and strengthening exercises
- **Tai Chi:** Learn to mentally and physically relax
- **MoveAbout:** Learn about staying physically active every day

All screening recommendations should be completed with the advice of your medical provider. See the other side for Skin Cancer Prevention Tips References: Sentara Health Plans Clinical Guidelines, 2021

For more information, visit
sentarahealthplans.com/mylifemyplan



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