

# For Men & Women

## Colorectal Cancer *Beginning at age 45*

- ☐ Colonoscopy baseline at 45, then every 3 to 10 years after that based on risk.

***Talk to your doctor about testing earlier and more often if you have:***

- ☐ Polyps in a parent, sibling, or child younger than 50; or colorectal cancer in two such relatives of any age.
- ☐ You have had polyps.
- ☐ You have chronic inflammatory bowel disease.

## Lung Cancer

Annual screening for lung cancer with low-dose computed tomography (CT) in adults aged 50-77 years who have a 20 pack/year smoking history and currently smoke or have quit within the past 15 years.

- ☐ Take our Lung Cancer Risk Quiz on our website.

## Skin Cancer

- ☐ Become familiar with any moles, freckles or other spots on your skin. Use a mirror for your ears, scalp and back.
- ☐ Once a month check skin for changes. Show any suspicious areas to your doctor.
- ☐ Have a full skin examination with a dermatologist.

## Genetic Counseling and Testing for Cancer:

Through a genetic counseling session, a certified genetic counselor will collect your personal and family history and additional background information. The genetic counselor will then help you decide what tests might be right for you. Genetic testing, done through blood and/or saliva tests, can help people understand their risk for cancer, help them make medical decisions, and take steps to lower their cancer risk or detect cancer early.

There are several reasons your doctor may recommend a genetic counseling session. Approximately 5-10% of cancers have been linked to an inherited gene, higher in some specific types of cancer like ovarian cancer at 20%. Genetic counseling may be advised if your personal or family history includes any of the following:

- 2 or more close/primary family members with the same or related forms of cancer
- Cancer diagnosed younger than age 50
- Bilateral or multiple primary cancers - more than one cancer type in a family member
- Ovarian cancer
- Pancreatic cancer
- Male breast cancer
- Triple-negative breast cancer
- Family history of a known gene mutation, including BRCA1 and MLH1
- Colon or endometrial tumors with abnormal MSI/IHC
- 10 or more gastrointestinal polyps
- Metastatic prostate cancer

You need a physician referral to have a genetic counseling consultation at the June E. Nylen Cancer Center so talk with with your family medicine physician or OBGYN.



## Recommended Cancer **SCREENINGS**



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[www.nylercancercenter.com](http://www.nylercancercenter.com)

# For Women

## Breast Cancer

### Age 20-39

- ☐ Clinical breast examination by health care professional every three years.
- ☐ Do breast self exam monthly, and promptly report any changes to your doctor.

### Age 40 and over

- ☐ Yearly mammogram, sooner if there is a positive family history of breast cancer.
- ☐ Yearly clinical breast examination by a health care professional, monthly self breast exam.
- ☐ Ask your doctor if digital mammography or breast MRI is appropriate.



*\*All screening recommendations are based on the American Cancer Society's guidelines for individuals with average risk.*

## Cervical Cancer

- ☐ Pap test and pelvic exam to begin when sexually active or by age 21, then every 3 to 5 years based on risk.
- ☐ The HPV vaccine for females and males ages 9-26 years is available to prevent the HPV virus, which can cause cervical cancer and other cancers.

## Endometrial Cancer

- ☐ Talk with your doctor, especially during menopause, about the symptoms of endometrial cancer.
- ☐ Report any abnormal spotting, or any bleeding before or after menopause.

## Ovarian Cancer

There are no proven tests for early detection of ovarian cancer.

- ☐ Reporting these symptoms may allow earlier detection (although all of these can have other causes):
  - Abdominal bloating or abdominal pain
  - Difficulty eating or feeling full quickly
  - Frequent or urgent urination
- ☐ If your mother, sister, or daughter has had ovarian cancer or breast cancer, or if your parent, sibling, or child has had colorectal cancer, you are at high risk of ovarian cancer. Ask your doctor about these checks:
  - Pelvic exam
  - Pelvic ultrasound
  - CA-125 blood test

# For Men

## Prostate Cancer

### Age 50-69

- ☐ There are different options for prostate screening including a PSA test. It's important to discuss your options, including their possible pros and cons and risks, with your doctor.

## Testicular Cancer

### Age 15-40

The most common form of cancer in men in this age range. There are no proven tests for early detection of testicular cancer.

- ☐ Perform a self-exam once a month, preferably in the shower.

