



Aurora Walker's Point Community Clinic
Aurora UW Medical Group



Cancer Screening Project

A healthy lifestyle can reduce our risk for cancer.

We can:

- ✓ Not smoke.
- ✓ Keep a healthy weight.
- ✓ Move our bodies with regular physical activity.
- ✓ Eat lots of fruits and vegetables.
- ✓ Limit alcohol.
- ✓ Protect our skin from the sun.
- ✓ Know our bodies, our family history, and our risks.
- ✓ **Have regular check-ups and cancer screening tests.**

Getting tests at the right time can help catch cancer early so that we are more likely to beat it. *

Colon and rectal cancer

- Screening tests are recommended for **most men and women from age 45-75**.
- Several types of test are available, such as colonoscopy or a simple stool test that can be done at home.

Cervical cancer

- **Women between ages 21 and 29:** Pap test every 3 years.
- **Women between ages 30 and 65:** Pap test plus HPV test every 5 years.
- Most women can stop these tests at age 65.



Breast cancer

- **All women** should know how their breasts normally look and feel and report any changes to a health care provider right away.
- **Women ages 40 to 44** have the choice to start mammograms if they wish.
- **Women age 45 to 54:** Mammogram every year.
- **Women 55 and older:** Mammogram every 2 years or can continue every year.



Are you or a friend due for important tests?

We can help make the arrangements to have your cancer tests done, whether or not you have insurance or a health care provider.

Call (414) 225-4277 and leave a message so that we can be in touch.

* These guidelines are for people who are at average risk for these types of cancer. Abnormal screening test results may require follow up sooner than indicated in these guidelines. Depending on our personal health history or family history of cancer, it may be important to start getting screenings sooner or differently. **There are other types of cancer that we should be regularly checked for as well. Talk with a health care provider about your risk for cancer and the best screening plan for you. If you have health insurance, talk to your insurance provider about what is covered and when.**

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