



Cancer Screening

An Important Part of Your Health

Healthy habits are important for overall well-being. Along with these daily decisions, it is also important to have cancer screening tests done. Cancer screenings test people who do not have any signs of disease. First, screenings can find cancer in its earliest forms. This makes cancer treatable if someone has it. Second, these screenings can find small problem areas in the body that may turn into cancer. Then, problem areas can be taken out so that people avoid getting cancer. You should get these screenings because they can decrease your risk of getting cancer.



Breast Cancer

The death rate due to breast cancer has been going down. This great news is partly due to the success of mammograms. Mammograms take pictures of the breasts from two different sides. They are important because they can find cancer early on. However, mammograms only help when women are regularly screened. We are more than happy to help you understand when, where, and how mammogram testing should occur; just ask your doctor at your next visit.

Cervical Cancer

Like breast cancer, the death rate due to cervical cancer is going down; this is mostly because of the Pap test. Pap tests are very helpful in finding cancer early. Finding potentially cancerous areas quickly allows people to get proper treatment and follow-up. In general, you reduce your risk of cervical cancer if you get Pap tests done on a regular basis. If you prefer, you can schedule a Pap test with one of our female providers (physician or nurse practitioner). The test only takes a few minutes and is not painful.

Colorectal Cancer



There are many different ways to test for colon cancer. With your provider, you can decide which test is best for you. Screening allows for early detection and the removal of potentially cancerous areas. This keeps patients free of cancer. The use of many screening methods is linked to fewer colon cancer deaths. In order to make this screening easier for patients, **Packard Health offers three different screening methods that you can choose from.**

These options include:

- Colonoscopy—requires a full bowel prep the day before
- Flexible sigmoidoscopy—usually requires a mild bowel prep
- Fecal occult blood test—easy prep and can be done at home

Be an active part of your overall health and discuss these options with your provider today!

**Cancer screenings SAVE LIVES – maybe YOURS!
Discuss needed cancer screenings with your medical provider TODAY!**

*Information gathered from ACS's 2013 Cancer Prevention & Early Detection Facts & Figures