

# Health Guidelines

## *Just for Women*

### Screen for Breast Cancer

- Starting at *age 20*, do a *breast self-exam* each month.
- Starting at *age 40*, have a *screening mammogram* and a *clinical breast exam* performed by a nurse or doctor every 1 or 2 years.

### Screen for Cervical Cancer

- Starting at *age 20*, have a *pelvic exam* and a *pap smear* performed by a nurse or doctor every 1 to 3 years.

Source: [www.stjohnsmercy.org/healthinfo](http://www.stjohnsmercy.org/healthinfo) & [www.webmd.com](http://www.webmd.com)

# Health Guidelines

## *Just for Men*

### Screen for Prostate Cancer

- Starting at *age 50*, have a *Prostate-Specific Antigen (PSA) test* performed by a nurse or doctor each year.

### Screen for Testicular Cancer

- Starting at *age 15*, do a *testicular self-exam* each month\*.
- Starting at *age 20*, have a *clinical testicular exam* performed by a nurse or doctor each year.

Source: [www.stjohnsmercy.org/healthinfo](http://www.stjohnsmercy.org/healthinfo) & [www.webmd.com](http://www.webmd.com)

\* Only recommended if you are at a high risk for testicular cancer.