

EARLY DETECTION SAVES LIVES CANCER SCREENINGS

BREAST CANCER



RISKS

- Female
- Family history of breast cancer
- Getting older
- Current or recent use of birth control pills
- Current or recent use of menopausal hormones
- Alcohol use
- Dense breast tissue on mammogram
- Younger age of first period/older age at menopause
- Being overweight
- Lack of exercise

SCREENING GUIDELINES

Consult your physician regarding self-breast exam and clinical breast exam

Annual mammogram starting at age 40 as recommended by the American College of Radiology

If you have had breast cancer or family history of breast cancer, seek medical advice regarding screening

FOR MORE INFORMATION

Breast Center Navigator, 217-876-4377

PROSTATE CANCER



RISKS

- Male
- Age 50—69
- Family history of prostate cancer, age 40—69
- African Americans, age 40—69

SCREENING

- PSA (Prostate Specific Antigen) blood test
- Digital Rectal Exam

FOR MORE INFORMATION

Prostate Navigator, 217-876-2338

COLON CANCER



RISKS

- Male and Female
- Age 50 and older
- Smoker
- Overweight or obese
- Excessive alcohol consumption
- Diet high in red meat
- Family history of colorectal cancer or benign polyps
- Have Inflammatory Bowel Disease (IBD)

SCREENING GUIDELINES

Colonoscopy every 10 years starting at age 50
If at a higher risk, start screening earlier

FOR MORE INFORMATION

GI Navigator, 217-876-1846

LUNG CANCER



RISKS

- Male and Female
- Tobacco Smoker
- Second Hand Smoke
- Radon Exposure
- Air Pollution
- Asbestos Exposure

SCREENING GUIDELINES

CT scan, physician ordered, low dose

Eligibility for screening:

- Age 55 and older
- Smoked for 30 years or more
- Currently smoke or quit smoking within the past 15 years

FOR MORE INFORMATION

Lung Navigator, 217-876-2338

