

# More than a Mammogram



## Women's Health: Living Well After 50

### Cervical Cancer

Most women need a Pap smear every three years, until age 65. Cervical cancer occurs most often in women ages 35 to 55. Women 30 and older have the option of getting both a Pap and HPV test every five years.

A Pap smear can find changes before they become cancer or can find cancer early, when treatment is most effective.

Six out of ten cancers occur in women who have never had a Pap smear or have not been tested recently. It is never too late to start!

### Annual Physical

Annual physicals are important, even if you feel healthy. Your doctor may recommend other tests, such as blood pressure and cholesterol screenings, bone density tests and immunizations.

### Colorectal Cancer Screening

Most women need regular colorectal cancer screening between ages 50 and 75. Talk with your doctor about different testing options.

A FIT test, done annually at home, can find cancer early by detecting blood in the stool.

A colonoscopy, performed at a hospital or outpatient facility every ten years, can prevent cancer by removing polyps, which are abnormal growths.

### Breast Cancer

Most women should receive a mammogram every two years until age 74 to be screened for breast cancer.

*Talk with your doctor today about which tests are right for you  
and how often you should be screened!*

For more information about coverage or to find a doctor,  
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