

## Top five cancers for women



Beginning at age 20, get a clinical breast exam every 1-3 years. Get a mammogram every year starting at age 40.



Lung cancer can often be prevented. If you are a smoker, ask your health care provider to help you quit. Also ask if you meet the risk criteria for a low-dose CT screening for lung cancer.



Colon cancer almost always starts with a polyp. Beginning at age 45, you should be screened for colon cancer. Talk to your health care provider about screening options.



Melanoma is the most serious skin cancer. Check your skin monthly for new moles or changes in size, shape or color. To protect your skin, use an SPF 15 or higher sunscreen, cover skin with clothing and a hat, and avoid artificial tanning devices.



Symptoms of uterine cancer include pelvic pain or pressure, abnormal vaginal discharge, or heavy bleeding during or between periods.

For more information, contact the Mississippi Comprehensive Cancer Control Program at 601-206-1559.



MISSISSIPPI STATE DEPARTMENT OF HEALTH