

# Early Detection = Better Outcomes

**Track your cancer screenings!** Routine cancer screening can detect cancer early (even if you have no signs or symptoms!) and increases the likelihood your treatment will be successful.

Talk with your health care provider about any personal or family history of cancer to determine if you should begin any cancer screenings at an earlier age or be tested more frequently. Having one or more family members with a history of certain cancers, including breast, colorectal and prostate cancers, may place you at higher risk for the development of cancer.



Track your cancer screenings	Last Exam Date	Next Exam Date
<b>Breast cancer screening</b> <i>Ages: 40s-80s</i> <i>If transgender, talk with your health care provider</i>		
<b>Cervical cancer screening</b> <i>Ages: 21-65</i>		
<b>Colorectal cancer screening</b> <i>Ages: 45-85</i>		
<b>Dental oral cancer exam</b> <i>Ages: 20s-80s</i>		
<b>HPV vaccination</b> <i>Up to age 26 if not previously vaccinated</i>		
<b>Hepatitis B vaccination</b> <i>Up to age 50 if not previously vaccinated</i>		
<b>Hepatitis C testing</b> <i>At least once between 18-79</i>		
<b>Lung cancer screening</b> <i>Active or past smokers, ages 50-80, who smoked a pack a day for at least 20 years</i>		
<b>Prostate cancer screening</b> <i>Shared decision making beginning at 50. If Black or if a close relative was diagnosed before 65, start talks at 45.</i>		
<b>Skin checks</b> <i>Ages: 20s-80s</i>		
<b>Testicular checks</b> <i>Ages: 20s-80s</i>		

For more detailed information, visit  
[preventcancer.org/screening](https://preventcancer.org/screening)

