

TALK to your health care provider about cancer prevention & screening

KNOW your family history

GET routine cancer screenings

CERVICAL CANCER

PAP/HPV TESTS

Pap Test every 3 years for women ages 21-65.
OR
If ages 30-65, Pap Test + HPV Test every 5 years.

HPV VACCINE

All girls and boys ages 11-12.
For catch-up vaccination if you're older, ask your healthcare provider.
3 doses of the vaccine are recommended.

BREAST CANCER

Mammogram every 2 years for average risk women ages 50-74.

COLORECTAL CANCER

Annual FOBT/FIT (stool) tests.
OR
Colonoscopy every 10 years for average risk men and women ages 50-75.

FOR MORE INFORMATION

National Cancer Institute
<http://www.cancer.gov/about-cancer/causes-prevention>

Centers for Disease Control and Prevention
<http://www.cdc.gov/cancer/dccp/prevention/>

TUPAC
<http://www.nmtupac.com/#home>



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HEALTHY WAYS



FOR CANCER PREVENTION & EARLY DETECTION

MAINTAIN A HEALTHY WEIGHT



TIPS

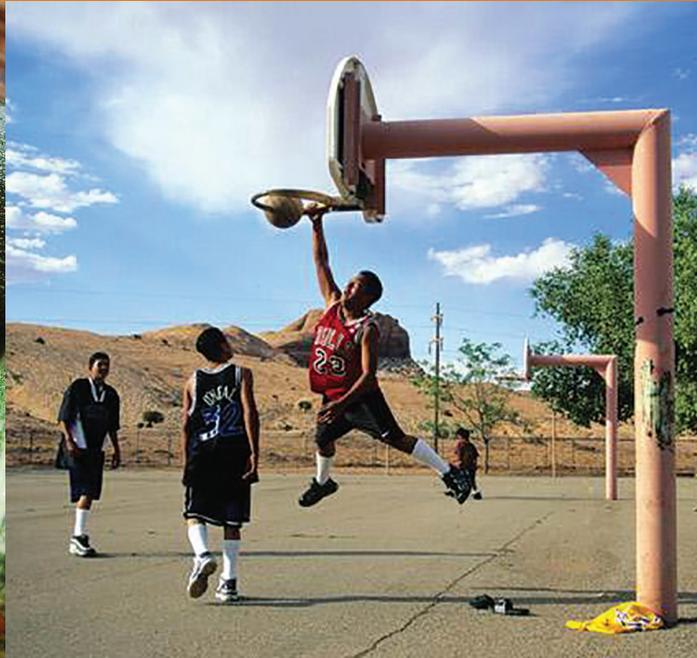
Eat more healthy & traditional foods.

Ask your provider what is a healthy weight for you.

Overweight adults are at greater risks for many types of cancer.

Balance the food you eat with the amount of physical activity in your daily routine.

STAY ACTIVE



TIPS

Sit less. Take short breaks throughout the day and do something active.

Exercise most days of the week.

Remember, some activity is always better than none!

BE SUBSTANCE FREE



TIPS

Limit alcohol use.

Keep tobacco use sacred.

For help quitting commercial tobacco call 1-800-QUIT NOW (1-800-784-8669) www.quitnownm.com.