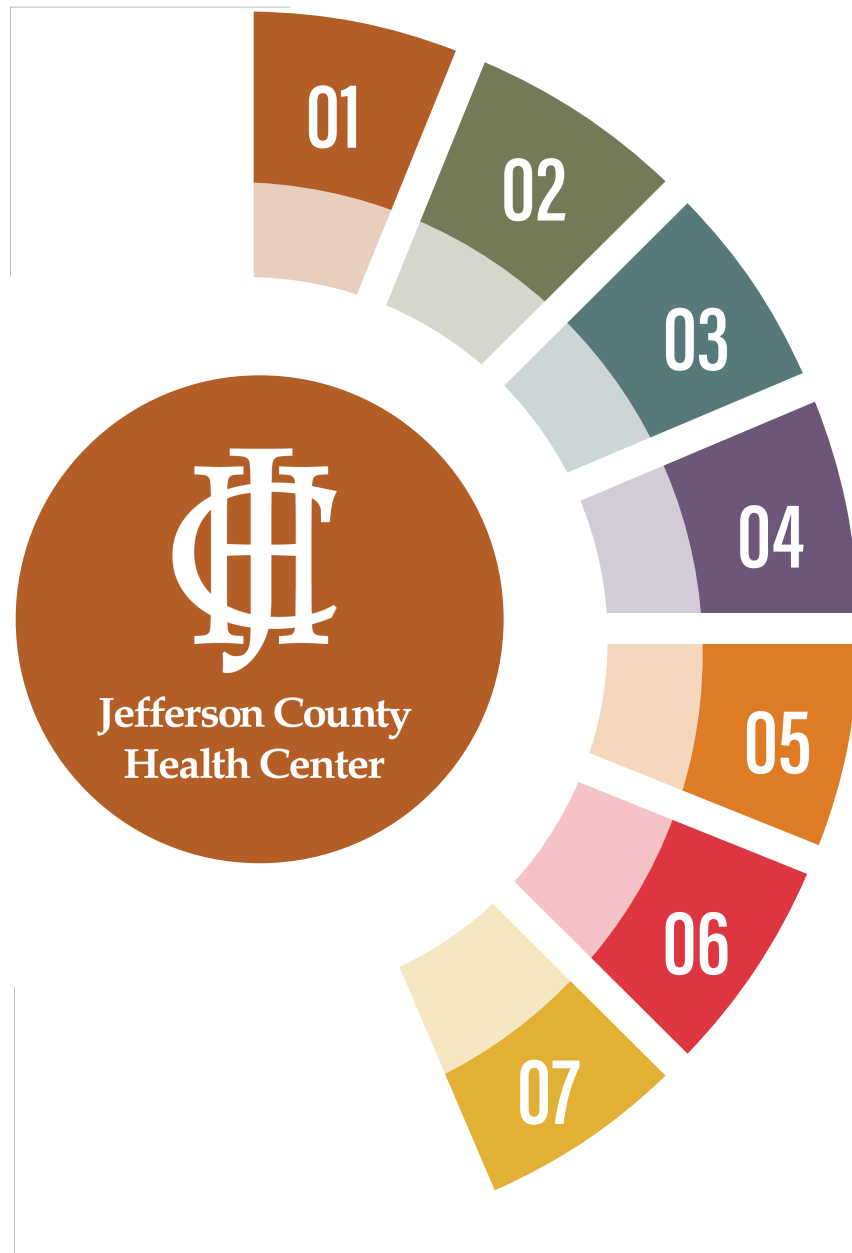


## The 7 Most Common Cancers in Women



### 01. SKIN CANCER

Skin Cancer is the most common cancer and everyone can get skin cancer. Protect your skin with sunscreen and clothing, and try to stay in the shade especially during times when UV rays are high such as midday. Be aware of all moles and spots on your skin and report any changes to your health care provider.

### 02. BREAST CANCER-

Breast Cancer can occur at any age but the risk increases as you get older. It is important to discuss with your doctor how often you should get screened as certain health conditions may put you at a higher risk. The following recommendations are for women at average risk for breast cancer:  
-Women ages 40 to 44 may start yearly breast cancer screening with a mammogram  
-Women ages 45 to 54 should get a mammogram every year  
-Women 55 and older can switch to a mammogram every 2 years, or yearly screening.

### 03. COLORECTAL CANCER-

Most colorectal cancers start with a polyp-a small growth on the lining of the colon or rectum. Screening can help to find colorectal cancer early. Certain screening tests can also help prevent colorectal cancer by finding and removing polyps before they turn into cancer. Regular screenings should start at age 45 and continue until they are no longer recommended by your doctor. People at high risk may be advised by their doctor to screen before the age of 45.

### 04. ENDOMETRIAL CANCER-

Endometrial cancer is a cancer of the endometrium (the inner lining of the uterus). There are no screening tests or exams to find endometrial cancer early in women who are at average risk and have no symptoms. Women should talk to their health care provider about their risk for endometrial cancer and about getting regular pelvic exams.

### 05. LUNG CANCER-

Lung Cancer is most often caused by exposure to chemicals and other particles in the air. While smoking tobacco is the leading cause of lung cancer, not all people with lung cancer smoke. If you don't smoke, don't start, and avoid breathing in other people's smoke. If you smoke, talk to your health care provider about your risk for lung cancer and how you can quit. If you are between the ages of 50 to 80 and have smoked your doctor might recommend a yearly lung cancer screening.

### 06. CERVICAL CANCER-

Chronic infection by certain types of the human papillomavirus (HPV) is the greatest risk for cervical cancer. Avoid smoking and help to protect yourself from HPV by using condoms. The HPV vaccination is recommended for girls and boys ages 9 to 12. Children and young adults ages 13 through 26 who haven't been vaccinated should get the vaccine as soon as possible. Cervical cancer testing should begin at age 25.

### 07. OVARIAN CANCER-

Ovarian Cancer can occur at any age but is more likely to occur as women get older. There are no recommended screenings for women who are not at a high risk of developing the disease. There are some tests that might be used in women who have symptoms or have a high risk of ovarian cancer. You should see a health care provider right away if you have any of these symptoms for more than a few weeks: Abdominal (belly) swelling with weight loss or abdominal pain, digestive problems (including gas, loss of appetite, and bloating), or feeling like you need to urinate all the time.