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| **Following Types of Cancer Screening recommended for different age groups:*** Breast Cancer
* Colon and Rectal Cancer
* Prostate Cancer
* Lung Cancer
* Cervical Cancer

Check with our providers what kind of screening at what age is recommended for you.* Stay away from all forms of tobacco products
* Stay active by doing regular physical activity throughout the day
* Eat healthy including high fiber foods such as vegetables and fruits
* Avoid excessive use of alcohol
* Get annual labs and check ups
* Know about your family history, and your risk factors
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