A stethoscope and heartbeat line on a blue background

Description automatically generated

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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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