

Are you at Higher Risk for Cancer?

People with a personal or family history of breast, cervical, or colorectal cancer, may be at higher risk for these cancers. Having certain genetic markers, such as BRCA1 or BRCA2 and Lynch syndrome, also increases risk.

Symptoms

Cancer often does not cause symptoms, especially in the early stages. This is why screening is so important. Symptoms may include:

- Breast cancer: Changes to your breast or chest, such as lumps, swelling, pain, irritation or discharge, or other concerns.
- Cervical cancer: Heavy vaginal bleeding or discharge (more than usual), or vaginal pain or bleeding during or after sex.
- Colorectal cancer: Blood in stool (poop) or tar-like stools, pain or cramps in your stomach that do not go away, changes in bowel movements (constipation or diarrhea), losing weight and don't know why.

Talk to your health care provider about any symptoms you are having and your family history. You may need to start screening at a younger age or screen more often.



Knowing more can **Save Your Life.**

Are You Ready to Get Screened? The Cancer Services Program Can Help!

We provide free breast, cervical, and colorectal cancer screening for New York State residents who:

- Do not have health insurance
- Have health insurance with a cost share that makes the cost of screening too high
- Meet the program rules for age and income

The Cancer Services Program can also connect you to LGBTQ+ welcoming health care providers.

**Call 1-866-442-2262 to find the
Cancer Services Program serving your area or visit:**
health.ny.gov/CancerServicesProgram



**Department
of Health**



The New York State Cancer Services Program provides free breast, cervical, and colorectal cancer screening to eligible, uninsured New Yorkers. We welcome all LGBTQ+ people.

Cancer Risk in the LGBTQ+ Community

Members of the LGBTQ+ community are at increased risk for breast, cervical, and colorectal cancer. This is due to a variety of reasons including:

- **Discrimination:** LGBTQ+ people often experience bias, stigma, and discrimination from the health care community.
- **Health care access:** About 30% of LGBTQ+ adults lack a regular health care provider and have lower rates of health insurance, making it harder to use preventive services like cancer screening.
- **Risk factors, including:**
 - **Smoking.** Tobacco use is a leading cause of many cancers. For information on quitting smoking, visit the NYS Quitline at nysmokefree.com or call 1-866-NY-QUITS (1-866-697-8487).
 - **Human Papillomavirus (HPV).** HPV is the leading cause of cervical cancer. Get screened for HPV.
The HPV vaccine can prevent HPV infection if it is given before someone is exposed to the virus. If you are age 45 or younger, talk to your health care provider about the HPV vaccine.
 - **Having overweight or obesity and/or drinking alcohol.** These are risk factors for breast and colorectal cancer.
Choose a diet with vegetables, fruits, and whole grains, limit alcohol use, and exercise regularly to help reduce risk.

Cancer Screening

Cancer screening means checking for cancer before there are symptoms. When cancer is found early, it may be easier to treat. Cervical and colorectal cancer can be prevented if found early by removing abnormal cells or growths before they turn into cancer.

It is important for everyone to get screened regularly for breast, cervical, and colorectal cancer. Use this chart to know what screening is recommended and when.

Cancer Screening for People at Average Risk

	Breast Cancer	Cervical Cancer	Colorectal Cancer
Cisgender and nonbinary people assigned female at birth	Mammogram at least every other year beginning at age 40.	If you have a cervix and are: Age 21 to 29 - Pap test every 3 years Age 30 to 65 - Pap test every 3 years, or HPV test every 5 years, or both tests every 5 years. Age 66 and older - talk with your health care provider.	Colonoscopy or at-home fecal test* from ages 45-75**.
Cisgender and nonbinary people assigned male at birth	Regular mammograms not needed. Talk to your health care provider if having symptoms.	No cervical cancer screening needed.	Colonoscopy or at-home fecal test* from ages 45-75.**
Transgender men	If you have breasts, get a mammogram at least every other year beginning at age 40. If you have had both breasts removed, talk to your health care provider about if you need screening.	If you have a cervix and are: Age 21 to 29 - Pap test every 3 years Age 30 to 65 - Pap test every 3 years, or HPV test every 5 years, or both tests every 5 years. Age 66 and older - talk with your health care provider.	Colonoscopy or at-home fecal test* from ages 45-75.**
Transgender women	Talk to your health care provider and consider a mammogram if you have taken or are taking hormones.	No cervical cancer screening needed.	Colonoscopy or at-home fecal test* from ages 45-75.**

*At-home fecal tests include FIT (fecal immunochemical test), FIT-DNA (e.g. Cologuard ©), and FOBT (fecal occult blood test).

**How often you are screened depends on the test used and screening result.