



Raise Awareness ♥ Improve Health BE CANCER AWARE

Cancer screening means checking for cancer before there are symptoms.
When cancer is found early, it may be easier to treat.

To lower your risk of cancer, you can:



Maintain
a healthy
weight



Limit
alcohol
use



Get an
HPV
vaccine

CANCER TYPE	SCREENING RECOMMENDATION
	<i>These recommendations are for people at average risk. Some people may need to start screening earlier or more often if they have certain risk factors. Talk to your health care provider about your risk factors.</i>
Breast Cancer	Start screening at age 40 with a mammogram at least every other year. Speak with your health care provider if you have taken or are taking feminizing hormones.
Cervical Cancer	Start screening at age 21. Repeat screening every 3 to 5 years with a Pap and/or HPV test.**
Colorectal Cancer	Start screening at age 45 with at-home fecal tests* or colonoscopy.**

* 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 which tests are used and your age at the time of screening.

Uninsured? The New York State 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 a Cancer Services Program near you -- or visit:
health.ny.gov/CancerServicesProgram



Department
of Health

