

Introduction

Even if you are feeling healthy, preventative screenings are important in the sense that these are looking for things that could potentially impact your life before it happens. That is why it's important to do not only your annual physicals exams/checkups but also to remember about preventative cancer screenings. Roseburg cares about your health and has put together a list of preventative cancer screenings, what age the American Cancer Society recommends in getting these completed as well as how they are covered by our medical insurance.

Reference websites: cancer.org, breastcancer.org, regence.com

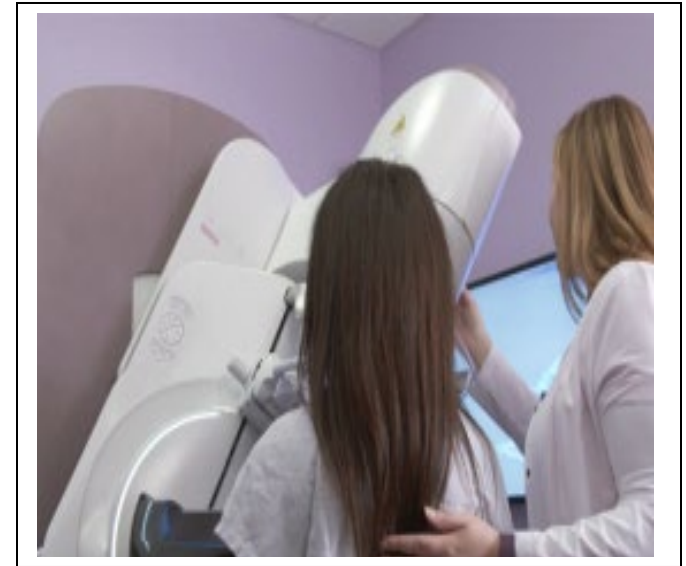
Mammograms (Breast Cancer)

Information:

- Breast cancer became most common cancer globally in 2021.
- 1-8 Women in US will develop invasive breast cancer over the course of their life.
- Breast cancer that is found in the early stages is easier to treat successfully.
 - Getting regular screenings is the best way to detect this.
- Age Recommendations:
 - Age of 40-44, can start having a mammogram every year.
 - Age 45-54, should get mammograms every year.
 - Age 55 and older, have the option to get a mammogram every other year or they can continue to have one annually.

Insurance Coverage:

- Mammogram screenings (Ages 40+ or at high risk) are covered by medical insurance.
 - Check with your doctor if they are in-network with your medical insurance provider.



Cervical Screenings (Cervical Cancer)

Information:

- Cervical cancer is one of the most common causes of cancer death for women in the US.
- Screenings tests are the most effective in finding cervical cancer early when treatment is the most successful.
 - Screenings can also detect abnormal cervical cell changes before they turn into cancer cells.
- Age Recommendations:
 - Age 25, can start cervical cancer screenings.
 - Age 25-65, should have a Papanicolaou (Pap) every three years.
 - Can also have a HPV test completed every five years.



Insurance coverage:

- Cervical cancer screenings (Ages 21+) are covered by medical insurance.
 - Check with your doctor if they are in-network with your medical insurance provider.

Colonoscopies (Colorectal Cancer)

Information:

- Colorectal cancer is the second most common cause of cancer deaths in the US for both men and women combined.
- Screening tests are the most effective way to find colorectal cancer at the beginning stages and treat successfully.
 - Doctors can remove the pre-cancerous cells during this screening before they turn into cancer cells.
- Age Recommendations:
 - Age 45 should start screenings
 - Results may vary during your screenings and those results will then determine when you should be screened again. (Example: Every three, five or ten years).



Insurance Coverage:

- Colon cancer screenings (Age 45+) are covered by medical insurance.
 - Check with your doctor if they are in-network with your medical insurance provider.
 - Also check with your doctor if they are going to bill this colon screening as diagnostic or preventative.