vital in preventing, diagnosing and surviving many cancers and other serious diseases. Start regular checkups and several catch signals of danger early. your 20s to Important tests in

Women

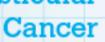
Men



Incidence in young men increases 3.1% annually



Testicular



Occurs most often in men ages 20-39



High Cholesterol Leading precursor of heart disease



TESTS

- ☐ Testicular exam annually after age 20.
- Cholesterol test every 5 years, starting at age 20.
- ☐ Skin check by dermatologist annually.



Melanoma

Leading form of cancer in adults ages 25-29



HPV (Human Papillomavirus)

The leading cause of cervical cancer



High Cholesterol

Can start as early as your 20s



Breast Cancer

Young women with family history are at an increasingly high risk

TESTS

- ☐ Annual skin check by dermatologist for signs of skin cancer.
- ☐ Pelvic exam and Pap smear at age 21 and every 3 years or as directed by your doctor.
- ☐ Blood pressure check at every doctor visit.
- ☐ Cholesterol test every 5 years, starting at age 20.