

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

## 20s

### 20s Risks

#### Women



##### 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.

#### Men

##### Melanoma

Incidence in young men increases 3.1% annually



##### Testicular Cancer

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.

