



Cancer Screening

Early Detection Saves Lives

The Department of Health Cares...

Screening and Early Detection

There are many types of cancer. Cancer cells develop from changes to genes that control the way our cells function. Lifestyle habits, genes you inherit from your parents, and exposure to cancer-causing agents can all play a role in the development of cancer. However, in many cases, the exact cause remains unknown. Regular cancer screenings are the key to early detection.

Importance of Cancer Screenings & Early Detection

Some cancers can be found early, before they have had a chance to grow and spread. This is why regular cancer screening is so important. Screening tests can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread. This can make the cancer harder to treat or cure.

Cancer Screenings & Prevention Guidelines

It is important to know when you should begin screening for certain cancers. Scan the QR code below for guidelines to assist you in knowing when to talk to your medical provider about screening for some of the most common cancers, including:

- Breast Cancer
- Colon and rectal cancer and polyps
- Lung cancer
- Prostate cancer
- Cervical cancer



HPV Vaccine

Did you know that the HPV vaccine can help prevent some types of cancer? Human papillomavirus, also called HPV, is spread by sexual activity. Most of the time, the body can find and clear out HPV, but if the virus stays in the body for a long time, it can cause cancer. The combination of HPV vaccination and cervical screening can provide the greatest protection against cervical cancer. The HPV vaccine also protects against cancer of the vagina, vulva, penis, anus, mouth, throat, head and neck caused by HPV.

HPV vaccine is recommended for routine vaccination starting at age 9 and for everyone through age 26 years if not adequately vaccinated when younger. Some adults ages 27 through 45 years might decide to get the HPV vaccine based on discussion with their medical provider, if they did not get adequately vaccinated when they were younger.

Help Reduce Your Risk

- Stay away from all forms of tobacco.
- Get to and stay at a healthy weight.
- Move more with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- It's best not to drink alcohol. If you do drink, have no more than 1 drink per day for women or 2 per day for men.
- Protect your skin.
- Know yourself, your family history, and your risks.

Cancer Resources

Free cancer services are available for those with little or no health insurance who live in Westchester.

Scan the QR code below to find services near you.



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