



See you tomorrow!

## Cancer Prevention Checklists

The United States Preventive Services Task Force (USPSTF) provides [guidelines](#) for cancer screenings for the most common cancers in adults. Following these recommendations can offer peace of mind when no cancer is found and allow for early treatment if any concerns arise. Talk to your healthcare provider about which screenings are right for you, and encourage others to do the same.

Grouper has created the below checklist to help you track your cancer screenings and your family history. [Print the checklist](#) to help guide conversations with your provider.

### Key cancer screenings

- Colorectal Cancer Screening (adults 45-75+)
- Lung Cancer Screening (adults 50-80 with a history of smoking)
- Breast Cancer Screening (women 40-74, or earlier for some women)
- Cervical Cancer Screening (women 21-65)
- Prostate Cancer Screening (men 50+)

If you have a personal or strong family history of some less common types of cancer, talk to your healthcare provider about whether screening is appropriate for you:

- Skin cancer
- Bladder cancer
- Ovarian cancer
- Pancreatic cancer
- Gastric (stomach) cancer

Please visit the [American Cancer Society](#) website for more information on cancer prevention.