**How to find your pack year**

Ex: 2 packs/day x 10 years = 20 pack-year

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**Breast Cancer**

**Who** - People Assigned Female at Birth

**Screening Type Options**
- Mammogram

**Screening Age & Frequency**
- 42 to 54 - Yearly
- Women 55 and older - Every Other Year or Yearly (Patients Choice)

**Family or Personal History that May increase your risk**
- Mutated BRCA1 or BRCA2 Gene or Immediate Family Member with a Mutated gene
- Family History of Breast Cancer

Although Rare, People Assigned Male at Birth can also be diagnosed with Breast Cancer. If you feel any unusual lumps, contact your Primary Care Provider right away.

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**Colorectal (Colon & Rectal) Cancer**

**Who** - Everyone

**Screening Age** 45-85 years

**Family or Personal History that May increase your risk**
- Crohns Disease
- Ulcerative colitis.
- Irritable Bowl Syndrome

**Screening Type Options**
- Stool Test - every year
- CT colonography - every 5yrs
- Colonoscopy - every 10yrs

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**Cervical Cancer**

**Who** - People assigned Female at Birth who have not undergone Cervix Removal

**Screening Age & Frequency**
- 21-24 - Pap Yearly
- 25-29- Pap Every 3 Years
- 30-65- Pap every 3 Years, & Primary HPV Test every 5 yrs

**Screening Type Options**
- Pap Smear
- HPV-Based Test

**Family or Personal History that May increase your risk**
- Suppressed Immune System
- Exposed to DES in utero
- It is recommended that everyone receives the HPV Vaccination as it is a preventative measure against various genital cancers

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**Lung Cancer**

**Who** - People ages 50-80 in good health, who currently smoke or have quit in the past 15 years & Have a 20-pack-year smoking history

**How to find your pack year**

Ex: 2 packs/day x 10 years = 20 pack-year

**Screening Types**
- Imaging Test (LDCT)

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**Prostate Cancer**

**Who** - People Assigned Male at Birth

**Screening Age & Frequency**
- 40 and up - Yearly
- Screening for prostate cancer continues until life expectancy is less than 10 years

**Screening Type Options**
- Prostate-specific antigen (PSA) blood test.
- The digital rectal exam (DRE)

**Family or Personal History that May increase your risk**
- Father or Brother with Prostate Cancer
- Prostate Cancer is unique in that Just being African American makes you High Risk

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To Learn More About Cancer Screenings, Visit the American Cancer Society at Cancer.org
Questions to Ask Your Doctor Once Diagnosed

- Who will talk to me about treatment and what are my options?
- How will these options impact my ability to join a clinical trial later?
- What clinical trials are available for me? Where are they located, and how do I learn more about them?
- Are there any Trials you may not be aware of? If so how can I find them?
- What are some of the potential side effects?
- Will my insurance cover treatment? If not, are there any resources to still receive treatment?
- If I participate in a clinical trial, will I need to go somewhere else to be treated?
- Am I limited to trials offered by this institution?
- Would you still be my doctor?
- If you were me, knowing what you know, would you join a trial?
Resources

- For More Information on USC Norris Cancer Center, Visit https://uscnorriscancer.usc.edu/community-outreach-engagment
- For Information on USC Clinical Trails, Visit https://uscnorris.com/ClTrials/ or email essence.wynter@med.usc.edu
- For Information on Clinical Trials across the U.S, Visit ClinicalTrials.gov
- Visit https://standuptocancer.org/ for updates on clinical trials.
- For Information on the Lazarex Travel reimbursement program, email elena.nieves@med.usc.edu

References

4. https://standuptocancer.org/
5. https://uscnorriscancer.usc.edu/