



## USC PREMIER CARE Cancer Screening and Prevention

When it comes to cancer, there is one certainty: Screening saves lives. Getting regular screenings is the single best strategy for finding cancer in its earliest stages, when treatment is most successful.

USC Premier Care, which is available and free of charge to USC Trojan Care EPO and USC PPO patients and families, can help you and your family understand and stay up to date with your cancer screenings.

The USC Premier Care team, in partnership with your USC primary care provider, will schedule your appointments and answer your questions about these important tests.

The USC Premier Care cancer prevention team can also help you manage some of your risk factors related to cancer. We will connect you with expert help to quit smoking, to lose weight and improve eating habits or to begin an exercise routine.

Our team will contact you at the request of your primary care or specialty care provider. You may also call us for information **Monday through Friday, 8 a.m. – 5 p.m.** at **(833) SC NURSE (833-726-8773)**. You also can email us at [USCPremierCare@med.usc.edu](mailto:USCPremierCare@med.usc.edu).

Team members called navigators can help you schedule appointments with Keck providers at any of our Keck locations. To schedule an appointment, call (833) KECK USC (833-532-5872).

### Important cancer screenings include:

#### Breast cancer

Regular breast cancer screening may detect breast tumors in the early stages of cancer, when it is more easily treated.

**Recommendations:** Women between 50 and 74 should get screened every other year. Younger women may also benefit, depending on family medical history and other risk factors.

#### Cervical cancer

Cervical cancer is no longer a common cause of cancer death, due to the Pap test, which has saved countless lives. A test is also available for the human papillomavirus (HPV), which causes many strains of cervical cancer. This test can help determine if you are at risk.

**Recommendations:** Cervical screening every three to five years for women ages 21 to 65. HPV co-testing depends on your age and risk factors. Other women, depending on family medical history and other risk factors, may also need to be screened.

#### Colon cancer

Colon cancer is the third most common cancer diagnosed in the U.S. and the second most common cause of cancer deaths. Screening may detect abnormal growths that can be removed before they become serious and can catch early stage cancer when treatment is most effective.

**Recommendations:** Various screening tests are available for adults aged 50 to 75. Your physician can help you decide which test is best for you. Others may also benefit, depending on family medical history and other risk factors.