Ready to schedule a health screening?

Norton Healthcare Prevention & Wellness is your partner in maintaining a healthy life. We offer no-cost and low-cost wellness exams and health screenings, including cancer screenings, aboard the Norton Healthcare Mobile Prevention Center. To find an upcoming screening location near you and to learn more about our services, visit NortonScreenings.com.

Norton Cancer Institute Resource Centers

Three Louisville Norton Cancer Institute Resource Centers offer information and support for all aspects of cancer, from prevention to diagnosis, treatment and life after cancer. All of the centers’ resources are available free of charge to anyone who wants to learn more, ask questions and find hope.

Norton Cancer Institute Resource Center locations

**Downtown Louisville**
Medical Towers South
Suite 164
234 E. Gray St.
Louisville, KY 40202
(502) 629-5500

**Central Louisville**
Norton Medical Plaza West – Audubon
Suite 300
2355 Poplar Level Road
Louisville, KY 40217
(502) 636-8308

**St. Matthews**
Norton Medical Plaza 2 – St. Matthews
Suite 111
3991 Dutchmans Lane
Louisville, KY 40207
(502) 899-6888

These guidelines cover common cancer screenings for men and women. Find out if you are due for a health screening.
### Breast
- **Who is at risk**: Age: Risk goes up as you age. Some types are caused by genetic defects passed down from a parent. Personal or family history. Menstrual periods that began early or ended late in life.
- **Signs and symptoms**: Hard lump in the breast. Dimpling of skin on breast. Any change in texture or swelling of breast tissue. Nipple discharge that begins suddenly.
- **Prevention**: Start yearly mammograms at age 40; continue as long as you are in good health. Clinical breast exams by health professional about every 3 years in your 20s and 30s; every year at age 40 and older. Know how your breasts normally look and feel; promptly report changes to health professional. Monthly self-exams are beneficial.

### Cervical
- **Who is at risk**: History of Chlamydia, ulcerative colitis, or chronic inflammatory bowel disease. Personal or family history of colon cancer or precancerous polyps. Age 50. Smoker. Heavy alcohol use. Inherited syndromes such as familial adenomatous polyposis or hereditary non-polyposis Lynch syndrome.
- **Signs and symptoms**: Change in bowel habits, such as diarrhea, constipation or narrowing of stool, that lasts more than a few days. Rectal bleeding, dark stools or blood in stool. Abdominal pain or cramping. Unintended weight loss. Feeling tired and weak.
- **Prevention**: At age 50, men and women should be tested for polyps or cancer in one of the following ways: Flexible sigmoidoscopy every 5 years, or Colonoscopy every 10 years, or Double-contrast barium enema every 5 years, or CT colonography (virtual colonoscopy) every 5 years. If sigmoidoscopy, barium enema or CT colonography are positive, a colonoscopy should be done. Tests that primarily find cancer: Guaiac-based fecal occult blood test (gFOBT) every year, or Fecal immunochemical test (FIT) every year, or Stool DNA test every 3 years (Cologuard). If any of these tests are negative, a colonoscopy should be done. With gFOBT or FIT, at least two tests should be done; one test done by a doctor is not adequate.

### Colorectal
- **Who is at risk**: History of smoking. Exposure to radon, radiation or asbestos. Occupational exposure to toxins. Living with someone who smokes.
- **Signs and symptoms**: Coughing up blood. Lung infections (bronchitis or pneumonia) that won’t go away or keep coming back. Cough that doesn’t go away or gets worse. Chest pain that is often worse when deep breathing, coughing or laughing. Weight loss, loss of appetite. Shortness of breath. Feeling tired or weak.
- **Prevention**: Screening is recommended for those who are at high risk due to smoking. Criteria are: Age 55 to 74 years old. In fairly good health. Have at least a 30-pack-year smoking history and are either still smoking or have quit smoking within the past 15 years. To determine pack-years, number of packs per day X number of years smoking = number of pack-years.

### Prostate
- **Who is at risk**: Over age 50. Race: Higher risk in African-American men. Family history: Having a father or brother with prostate cancer more than doubles risk. Genetics: A small number of cases are caused by gene defects passed down from a family member.
- **Signs and symptoms**: Trouble passing urine, slow or frequent urination or feeling the need to pass urine more often, especially at night. Blood in urine. Trouble getting an erection. Pain in hips, back or chest.
- **Prevention**: At age 50, men should talk to their doctor about testing to determine best choice. Research has not proven the benefits of testing outweigh the potential harms. African-American men and those with a father or brother who had prostate cancer before age 65 should talk to their doctor at age 45. If tested, the man should have a PSA blood test with or without a rectal exam. Testing frequency will depend on PSA level.

### Skin
- **Who is at risk**: Age 55 to 74 years old. In fairly good health. Have at least a 30-pack-year smoking history and are either still smoking or have quit smoking within the past 15 years. To determine pack-years, number of packs per day X number of years smoking = number of pack-years.
- **Signs and symptoms**: Asymmetrical, uneven or irregularly shaped moles. Moles that change color. A mole larger than a pencil eraser. Red, scaly, crusty sores that do not heal on sun-exposed areas of body. Small, flat-topped growths.
- **Prevention**: Use sunscreen of at least SPF 30 year-round. Wear tightly woven, light-colored protective clothing with a wide-brimmed hat. Limit sun exposure during 10 a.m. and 4 p.m. Have skin checked once a year by a dermatologist.

### Uterine
- **Signs and symptoms**: Unusual vaginal bleeding, spotting or other discharge. Pelvic pain. Feeling a mass in the abdomen. Unintended weight loss.
- **Prevention**: At menopause, talk to a doctor about the risks, symptoms and treatment of uterine cancer. Report unexpected bleeding or spotting to a health professional.

### Based on American Cancer Society cancer prevention guidelines.

**Screening information is not a diagnosis or substitute for a thorough exam or consultation with a physician. For people age 20 and older, health exams should include checks of the thyroid, mouth, skin, lymph nodes, testicles and ovaries.**