

# Get Screened!

Routine health screenings are a cornerstone of good health.

Preventative screening tests look for various diseases—including cancer, osteoporosis, high blood pressure and more—before symptoms show. If a disease is detected during a routine screening, treatment can start as soon as possible, often improving odds for overcoming the condition.



## LEARN MORE:

**Fatality rates from cancer declined 29% between 1991 and 2017**, thanks in part to advancements in the field of **preventative screening**. That translates to roughly **2.9 million fewer deaths**.

—AMERICAN CANCER SOCIETY

Rates for preventative health screenings have plummeted amid the COVID-19 pandemic. Colonoscopy rates were down 88% in mid April 2020 and 33% as of late June (the most recent data set available). Mammogram rates fell 77% during spring 2020 and were down 23% in September.

—HEALTH CARE COST INSTITUTE

## ADULTS SHOULD SCHEDULE ANNUAL APPOINTMENTS WITH A:



### PRIMARY CARE DOCTOR:

He or she will perform a full-body physical and screen your blood pressure, weight and heart rate, among other vitals. Young adults in good health may need less frequent visits.

*Start here!* A primary care doctor is an excellent **first point of contact** to regular healthcare and can ensure you're up-to-date on screenings.



### DERMATOLOGIST:

He or she will screen for skin cancer.



### GYNECOLOGIST:

(for women) He or she will screen for breast cancer and cervical cancer (the latter via regular Pap and/or HPV test).



### DENTIST:

He or she will check tooth, gum and oral health (should be done every 6 months).



**If you were or are a smoker with a 30-year pack history** (1 pack a day for 30 years, 2 packs a day for 15 years, 3 packs a day for 10 years, etc.), you may qualify for a low-dose CT lung cancer screening, which is offered at Roper St. Francis Healthcare for \$99.

**Those who have risk factors for cardiovascular disease** but do not have symptoms that warrant a diagnostic test may benefit from certain screenings. Roper St. Francis Healthcare offers **3 potentially lifesaving tests** for \$125 total:

- Abdominal Aortic Aneurysm (AAA)
- Blocked Carotid Artery
- Peripheral Arterial Disease (PAD)



Call (843) 402-5000 to learn if you meet the criteria for this screening and/or to schedule your appointment.

**Starting around middle age, additional screenings are recommended to check for certain cancers and conditions, including:**

- **BREAST CANCER**, via mammogram (*women*)
- **COLORECTAL CANCERS**, via colonoscopy (*men and women*)
- **PROSTATE CANCER**, via digital rectal examination and/or PSA blood test (*men*)
- **OSTEOPOROSIS**, via bone density scan (*women*)

Talk to your doctor about the proper onset age and frequency of these screenings as it varies from person to person based on health and family history.