













Cancer Screening Smarts | 2025-26

Awareness Guide



Maimonides
Health

Maimonides
Cancer Center

	Cervical Cancer & Endometrial/Ovarian Cancer	4
	Breast Cancer	6
	Lung Cancer	8
	Colorectal Cancer	10
	Prostate Cancer	12
	Skin Cancer	14
	Diabetes and Cancer Risk	16
	Obesity and Cancer Risk	17
	Alcohol and Cancer Risk	18
	Smoking/Vaping and Cancer Risk	19
	Maimonides Primary Care	20
	Let's Stay on Top of Screenings—Together	22



Why Choose Maimonides for Your Cancer Screening

Your health matters—and early detection saves lives. At Maimonides Health, our doctors listen, explain clearly, and use the latest tools to catch cancer early. Whether it's your first screening or a regular checkup, we're here with compassionate care every step of the way.

Maimonides Cancer Center is Brooklyn's first fully accredited cancer center, recognized for excellence in care. Our expert team offers advanced, minimally invasive treatment through our accredited Breast Center, Breast Imaging Center of Excellence, and Prostate Center.

Why Screenings Matter

Cancer can grow silently. Screenings can help find disease before you feel any symptoms. Here are some common tests that can help catch problems early:

Colonoscopies (colon cancer)

Low-dose CT scans (lung cancer)

Mammograms (breast cancer)

Pap tests (cervical cancer)

Not everyone needs the same tests. Age, gender, family health history, and daily habits help determine what's right.

What Screening Should You Get and When?

Knowing when to start screenings can be confusing. Here is a simple guide by age group to help you determine what tests to consider:

Ages 25+

Cervical cancer

Skin checks

Ages 40+

Breast cancer

Colorectal cancer

Prostate cancer

Ages 50+

Lung cancer

Talk with your doctor about which screenings are right for you and how often to schedule them.



Rapid Assessment Service

The Maimonides Cancer Center offers Rapid Assessment Service (RAS), which provides urgent consultations and testing for patients with a suspected cancer diagnosis.

- RAS provides appointments with in two business days from request. Some patients may even be seen **the same or next day**.
- The expert team at the Maimonides Cancer Center will coordinate an expedited workup. Upon diagnosis, the team arranges for consultation appointments with appropriate cancer specialists.

Cervical Cancer

Routine testing enables us to find cervical cancer early. If you are 25 or older and have a cervix, you should begin screening.

You have a few testing options, depending on what is available and your history:

Co-test (HPV and Pap test together every 5 years)

HPV test (recommended every 5 years)

Pap test alone (every 3 years)

Who Should Still Get Screened?

If you had surgery to remove your cervix for a reason other than cancer, you may not need to have the screening.

Even if you received the HPV vaccine, you still need regular screening.

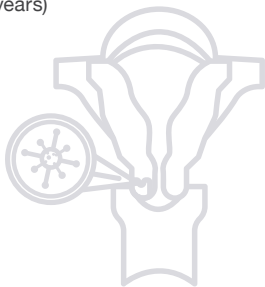
Cervical Cancer Risk Factors

You may be more likely to get cervical cancer if you:

- Don't get regular Pap or HPV tests
- Have had HPV or genital warts
- Have HIV or a weakened immune system
- Smoke cigarettes
- Started having sex at a young age or have had many partners

Menopause and Cancer Risk

The Maimonides Menopause Center supports you during menopause and beyond. This time of life brings changes to your body and hormones that may raise your cancer risk. Our team helps you understand these changes, manage symptoms, and stay on top of your health with regular screenings and care tailored to your needs.



Endometrial/Ovarian Cancer

Endometrial cancer starts in the lining of the uterus (womb). Ovarian cancer begins in the ovaries. Both are part of the reproductive system and can be hard to find early. Since there isn't a routine screening test, it's important to know what to look for and to listen to your body.

Endometrial Cancer Symptoms

Endometrial cancer can cause changes that you may notice early. These are common signs:

- Bleeding or spotting that isn't normal
- Pain during sex
- Pain or pressure in your lower belly

Ovarian Cancer Symptoms

Ovarian cancer may not cause symptoms at first, or the signs might seem like common stomach problems. Symptoms include:

- Bloating or swelling in the belly
- Feeling full quickly
- Needing to pee more often or feeling pressure on the bladder
- Pain in the belly or lower back

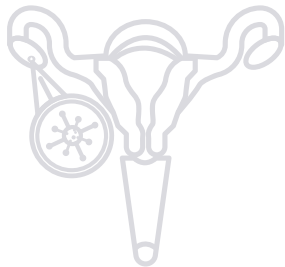
Talk to your doctor if you have any of these symptoms or if cancer runs in your family. They can help you decide what steps to take next.

OB/GYN Specialties & Women's Health

To schedule an appointment, scan the QR code, call (718) 283-7979, or visit maimo.org/obgyn

Menopause Center

To schedule an appointment, scan the QR code, call (718) 283-9044, or visit maimo.org/menopause



OB/GYN Specialties
& Women's Health



Menopause Center



Breast Cancer

Breast cancer can affect anyone. You could still be at risk even if no one in your family has had it. That's why regular screening is so important—it helps find problems early when they're easier to treat.

Who Should Get Screened?

You may need different screenings based on your age and risk level. We generally recommend:

Starting at age 25 – Get a breast exam from your doctor once a year.

Starting at age 40 – Have a screening mammogram every year.

If you have a higher risk (like a family history of breast or ovarian cancer), talk to your doctor about starting earlier or getting checked more often.

Your doctor can help create a plan that fits your needs and history. Even if you feel fine, these screenings can find changes you may not notice.

Testing Options

A mammogram is a special X-ray that allows doctors to look inside the breast. It can find signs of cancer before you feel any symptoms. If you have symptoms, your doctor may order a diagnostic mammogram, which gives a closer look. Tell your doctor if you notice:

- A new lump in the breast or under the arm
- Nipple discharge that isn't normal
- Pain in one area of the breast
- Skin changes, like dimpling or redness

If something feels different, don't wait. Tell your doctor and request a test.



What Are Dense Breasts?

About half of all women have dense breasts, which means there is more thick tissue and less fat.

Dense breasts can make it harder to see changes on a mammogram, and it may raise your cancer risk just a little. If your mammogram shows dense tissue, your doctor may suggest other ways to check your breasts.

Checking Your Breasts Regularly

It's important to check your breasts through self-exams regularly to understand how they usually look and feel. This will help you notice changes in your breasts. You don't need to follow a strict schedule but try to do a self-exam once a month. Look for:

- A change in size or shape
- A lump or hard area
- A lump under your arm
- Skin changes or unusual discharge from the nipple

If you find something, don't panic, but schedule an appointment with your doctor.

Breast Cancer and Genetics

Some people have a higher risk of breast cancer because of inherited gene changes, like BRCA1 or BRCA2. If your mother, sister, or other close relatives have had breast or ovarian cancer, talk to your doctor. You may be able to get a genetic test to better understand your risk.

Maimonides Breast Center

To schedule an appointment, scan the QR code, call (718) 765-2550, or visit maimo.org/breastcenter. To learn more about conducting a breast self exam, scan the QR code

Maimonides
Breast Center



Breast
Self-Exam Card



Lung Cancer

Lung cancer is one of the most common cancers, and it can happen to anyone—even if you have never smoked. But if you have smoked in the past, your risk may be higher. Screening helps catch lung cancer early, when it's easier to treat.

Lung cancer usually doesn't show signs at first. That's why it's important to get checked early with a special test.

Lung Cancer Risk Factors

The biggest risk factor for lung cancer is smoking, but others include:

- A personal or family history of lung disease
- Being 50 or older
- Breathing secondhand smoke often
- Exposure to radon, asbestos, or air pollution

Who Should Get Screened?

You may need a lung cancer screening if you:

- Are between age 50 and 80
- Smoke now or quit within the last 15 years
- Smoked a pack a day for 20 years or more (20-pack-year history)

How to Calculate Pack-Years

Multiply the number of packs you smoked each day by the number of years you smoked.

For example,

one pack a day for 20 years = 20 pack-years.



Pack-Years
Calculator



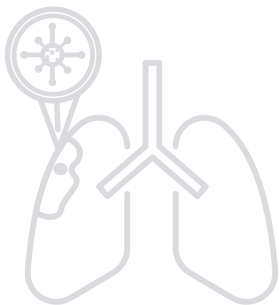
Even if you feel fine, it's important to talk to your doctor if you meet these guidelines.

What is a-Dose CT Scan?

A low-dose computed tomography scan (LDCT) is the test used to screen for lung cancer. It's quick, painless, and doesn't require needles or special drinks.

Here's what you can expect:

- The scan takes 3D pictures of your lungs.
- It uses much less radiation than a regular CT scan.
- You lie still on a table for a few minutes while the machine scans your chest.



Your doctor will review the results and let you know what comes next. If the scan shows something unusual, you may need more tests, but it doesn't always mean cancer.

How to Get the Test

Start by talking to your doctor. A referral is required to schedule a low-dose CT scan. Once you have the referral, you can send it to us at:

Fax: (718) 635-6122

Email: lungscreening@maimo.org

Then call us to schedule your scan: (718) 283-2059

To see a lung doctor (pulmonologist)

or go to our Lung Nodule Clinic,
call (718) 283-8413.

Lung Cancer Screening Program

To schedule an appointment, scan the QR code,
call (718) 283-2059, or visit: maimo.org/lungcancer

Lung Cancer
Screening Program



Lung Cancer
Screening Flyer



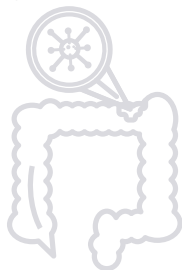
Colorectal Cancer

Colorectal cancer starts in the colon or rectum and can develop without any symptoms. That's why screening is so important. It can detect small growths, called polyps, before they develop into cancer—and sometimes remove them immediately.

Colorectal Cancer Risk Factors

Colorectal cancer risk may go up if you:

- Are over age 45
- Are overweight or obese
- Don't get much physical activity
- Eat a lot of red or processed meat
- Have a family history of colorectal cancer
- Smoke or drink alcohol often



Who Should Get Screened?

Most people who get colorectal cancer don't have a family history of it. Screening helps find problems early by checking for abnormal growths (called polyps) in the colon. If you have polyps, doctors can remove them before they turn into cancer.

General Screening

Most people should start colorectal cancer screening at age 45. But you may need to start earlier if you have:

- A family history of colorectal cancer
- A genetic condition such as Lynch syndrome or familial adenomatous polyposis (FAP)
- A personal history of colorectal cancer or certain polyps
- Had radiation to the belly or pelvic area for another cancer
- Inflammatory bowel disease (like ulcerative colitis or Crohn's disease)

Talk to your doctor about your risk and when you should start screening.

What Are the Different Tests?

Several types of tests can check for colorectal cancer. Your doctor will help you choose the one that's right for you.

Stool-Based Tests

These tests look for hidden blood or cancer DNA in your stool (poop). You need to do these tests more often—usually every year or every few years, depending on the type.

Examples include:

FIT (fecal immunochemical test)

gFOBT (guaiac-based fecal occult blood test)

MT-sDNA (multi-target stool DNA test)

Visual Exams

These tests allow the doctor to look inside your colon and rectum with a small camera.

Colonoscopy – checks the full colon and can remove polyps right away

Sigmoidoscopy – checks the lower part of the colon

Blood-Based Tests

These tests check your blood for signs of cancer. They may be an option if you can't do stool or visual tests.

What Happens If a Test Finds Something?

If your test shows something unusual, your doctor will likely recommend a colonoscopy to take a closer look. This helps confirm what's going on and whether you need any treatment.

Gastroenterology

To schedule an appointment, scan the QR code, call (718) 283-5900, or visit maimo.org/coloncancer



Prostate Cancer

The prostate is a small gland in the male body that helps make semen. Prostate cancer is common and usually grows slowly. If we find it early, treatment often works well—and in many cases, you may not need treatment right away.

Who Is at Risk for Prostate Cancer?

Your chance of getting prostate cancer goes up as you get older. You may need to start screening earlier if you:

- Are age 50 or older (start at 45 for most men)
- Are African American or Caribbean American (start at 40)
- Have a father, brother, or son who had prostate cancer
- Have a mother, sister, or daughter with breast, ovarian, or other gynecologic cancers
- Have a family history of inherited gene changes (like BRCA1/BRCA2 or Lynch syndrome)

If any of these apply to you, talk to your doctor about when and how to begin screening.

How Do You Test for Prostate Cancer?

There are a few ways to check for prostate cancer. You and your doctor will decide which tests are right for you.

PSA blood test – This test checks your blood for a protein called PSA (prostate-specific antigen). Higher levels may be a sign of cancer or another prostate issue.

Digital rectal exam (DRE) – The doctor gently checks your prostate for lumps or hard spots by feeling through the rectum with a gloved finger.

Imaging (prostate MRI) – Sometimes, your doctor may order a scan to view your prostate better if other tests show something unusual.

How often you need the screening test depends on your PSA level, age, and overall risk. Some people test every one to four years.

What Are the Symptoms of Prostate Cancer?

Most men with early prostate cancer don't have symptoms. That's why screening is so important. Other conditions, such as a bigger prostate or an infection, can cause some symptoms of prostate cancer.

If you have symptoms, they may include:

- Feeling like your bladder isn't empty
- Frequent urination, day or night
- Trouble starting or stopping urination
- Weak urine flow

If prostate cancer spreads to other areas of your body, you may experience these symptoms:

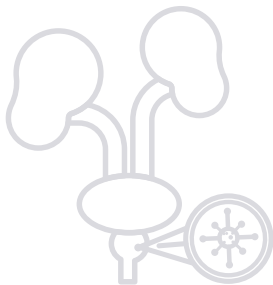
- Blood in your urine
- Pain in your lower back, hips, or chest (if cancer spreads)
- Weakness in your legs or feet
- Weight loss or fatigue

Types of Prostate Cancer

There are two main types of prostate cancer:

Aggressive (fast-growing) – Needs quick treatment to keep it from spreading

Indolent (slow-growing) – May not need treatment right away, but doctors might watch it closely



Maimonides Prostate Center

To schedule an appointment, scan the QR code, call (718) 635-7767, or visit maimo.org/prostatecancer



Skin Cancer

Skin cancer is the most common type of cancer in the United States. It can affect anyone—no matter your skin tone, age, or background. Skin cancer is often easy to treat when we find it early.

What Are the Main Types of Skin Cancer?

There are three main types:

Basal cell carcinoma – This type usually grows slowly and often shows up as a shiny bump or sore that won't heal.

Melanoma – The most serious type, it can spread quickly if not caught early. It often starts as a mole that changes over time.

Squamous cell carcinoma – It may look like a scaly red patch, open sore, or thickened area of skin.

How to Check Your Skin

Checking your skin regularly helps you notice changes early. Use a mirror or ask someone to help you check hard-to-see areas like your back or scalp. By doing regular skin checks, you will know what is normal for you. If you see anything that worries you, talk to your doctor or a dermatologist (a skin doctor).

Here's what to watch for:

- A new mole or spot that looks different from the rest
- A mole that's growing, changing color, or has uneven edges
- A sore that doesn't heal
- A spot that itches, bleeds, or crusts over
- A lump or growth that feels firm or raised

When Should You See a Doctor?

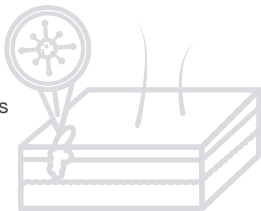
The American Cancer Society recommends:

- A full skin check every three years for people between 20 and 40
- A yearly skin check for people over 40 or anyone with a personal or family history of skin cancer

Who Is at Higher Risk for Skin Cancer?

You may have a higher risk if you:

- Had skin cancer before
- Have a family history of skin cancer
- Have certain inherited gene changes
- Have red or blonde hair
- Have fair skin that burns or freckles easily
- Have many moles or unusual-looking moles
- Spend a lot of time in the sun or have had many sunburns
- Work outside or live in a sunny climate



How to Protect Your Skin

Sun safety is important year-round, not just in summer. You can lower your risk with simple habits:

Avoid tanning beds and limit sun exposure – Tanning beds are a known risk factor for cancer. Limit sun exposure from 10:00 am – 4:00 pm when the sun's rays are the most intense.

Use sunscreen every day – Use sunscreen with an SPF of 30 or higher that blocks both UVA and UVB rays. Apply sunscreen 30 minutes before going outside, even on cloudy days. Use water-resistant sunscreen and reapply every two hours, or more often if you're swimming or sweating.

Wear protective clothing – You can wear a wide-brimmed hat, sunglasses, and clothes that cover your skin.

Dermatology

To schedule an appointment, scan the QR code, call (718) 283-5700, or visit maimo.org/dermatology



Diabetes and Cancer Risk

What is Diabetes?

When you eat, your body breaks food down into sugar (glucose), which gives you energy. A hormone called insulin helps move that sugar into your cells. If you have diabetes, your body either doesn't make enough insulin or can't use it properly. That causes sugar to build up in your blood.

There are two main types:

Type 1 diabetes – The body doesn't make insulin. This usually starts at a young age.

Type 2 diabetes – The body doesn't use insulin effectively. This is more common and often linked to weight, family history, and lifestyle.

How Does Diabetes Raise Cancer Risk?

When blood sugar levels remain high for an extended period, it can cause damage to your cells. That can raise your chance of getting:

- Bladder cancer
- Breast cancer
- Colorectal cancer
- Endometrial cancer
- Liver cancer
- Pancreatic cancer

Maintaining a healthy blood sugar level helps reduce this risk.

Where to Get Help

Our Certified Diabetes Education and Care Specialists can help individuals with diabetes learn how to manage their condition effectively. We offer special advice about food and healthy eating. Call (718) 283-7129 to get more information.

Endocrinology and Metabolism

To schedule an appointment, scan the QR code, call (718) 283-8505, or visit maimo.org/endocrine



Obesity and Cancer Risk

How Does Obesity Affect Cancer Risk?

Extra body fat can lead to changes in hormone levels, inflammation, and insulin levels. These changes may help cancer grow in the body. Obesity is linked to a higher risk of:

- Breast cancer (after menopause)
- Colorectal cancer
- Endometrial cancer
- Esophageal cancer
- Kidney cancer
- Liver cancer
- Pancreatic cancer

There's no one way to lose weight that works for everyone. That's why Maimonides offers many services to help people find the best plan for their needs. Our goal is to help you succeed and stay healthy for the long term.

How We Can Help You

You don't need to lose a lot of weight to make a difference. Even a small drop in weight, ranging from 5% to 10% of your current weight, can improve your health and lower your cancer risk.

A Complete Team of Specialists

Our team works together to give you the best care. This includes doctors and specialists in:

- Bariatric (weight loss) surgery
- Digestive health (gastroenterology)
- Hormones (endocrinology)
- Nutrition guidance and meal advice
- Obesity medicine and personal weight loss plans
- Psychology (mental health)

Weight Management

To schedule an appointment, scan the QR code, call (718) 283-6962, or visit maimo.org/weightmanagement



Alcohol and Cancer Risk

Drinking too much alcohol or using tobacco can increase your risk for several cancers. Cutting back or quitting can protect your health now and in the future.

How Alcohol Affects Cancer Risk

Alcohol can damage cells in many parts of the body. It's linked to cancers of the:

- Breast (in women)
- Colon and rectum
- Esophagus
- Liver
- Mouth
- Throat

There is no “safe” amount of alcohol when it comes to cancer, but drinking less helps lower your risk.

How Much is Too Much?

In the U.S., one “standard” drink has about 14 grams (0.6 ounces) of pure alcohol. The USDA Dietary Guidelines recommend:

- Men should have no more than two drinks a day
- Women should have no more than one drink a day



Need help with a drinking problem?

Please speak with your doctor or contact Alcoholics Anonymous.

Alcoholics Anonymous

Brooklyn Intergroup: (718) 851-3039 <https://brooklynintergroup.org/brooklyn/>
Manhattan: (212) 870-3400 <https://www.aa.org>

Smoking/Vaping and Cancer Risk

How Smoking/Vaping Affects Cancer Risk

Smoking/vaping is the leading cause of lung cancer. Even vaping can expose you to harmful chemicals. Tobacco links to at least 12 types of cancer, including:

- Bladder
- Cervix
- Esophagus
- Kidney
- Leukemia (some forms)
- Mouth and throat
- Pancreas
- Stomach

Where to Get Help

Quitting smoking/vaping is not easy, but help is available.

Maimonides Health cares about you and your family. Often, it takes multiple attempts to quit smoking. With the right support, it is 3x more likely you will be able to quit. Join us for our comprehensive 6 week program and let us be partners on your wellness journey.

- 6 weekly in person meetings open to Maimonides patients
- Guidance and support from trained Tobacco Treatment Specialists.
- Participants will receive tobacco education, access to quitting aids, and tools for stress management and coping.



Smoking and Vaping Resources for Adults and Teens

QuitLine (Multiple languages)

(866) 697-8487

nysmokefree.com

Text: Quit to 47848

Asian Smokers QuitLine

Chinese:

(800) 838-8917

Korean:

(800) 556-5564

Vietnamese:

(800) 778-8440

EX Program

exprogram.com

Text: DITCHVAPE to 88709

YOU ARE STRONGER THAN YOUR ADDICTION

Tobacco Treatment Program

For more information or to enroll in the next group email quitsmoking@maimo.org

Maimonides Primary Care

Maimonides provides complete care for adults and children. Whether you're managing a health problem or staying up to date on screenings, your primary care doctor is here to support you every step of the way. We help you care for your family—and yourself—so you can feel your best today and in the future.

Your doctor is your partner in cancer screenings and overall health. They'll help you stay up-to-date with checkups, answer your questions, and guide you in making informed, healthy choices.

What Can a Primary Care Doctor Help With?

Our primary care doctors are experts who treat you like a whole person—not just your symptoms. We help with:

- Advice for healthy living, like eating well, being active, and quitting smoking
- Emotional and mental health support
- Everyday health concerns, like colds, allergies, or stomach pain
- New or ongoing conditions, like asthma or high blood pressure
- Referrals to specialists if needed
- Wellness and prevention, including checkups, cancer screenings, immunizations, and prescriptions

Easy, Friendly Appointments

Getting care should be simple. We welcome new patients and walk-ins. We offer:

- Care for people of all ages, from babies to older adults
- Convenient locations near home
- Providers who speak your language
- Same-day, evening, and weekend visits

Maimonides Primary Care

To schedule an appointment scan the QR code or call: Adults (718) 283-9055,
Children's Hospital: (718) 283-7500

Adult
Primary Care



Pediatrics
Primary Care



MaimoCare App: Your Health, Your Way

The MaimoCare app helps you manage your health anytime, anywhere. With just a few taps, you can:

- Book or change appointments
- Choose your preferred language – Arabic, Bengali, Chinese, Creole, Haitian, Hebrew, Polish, Russian, Spanish, Urdu, Uzbek or English
- Connect with our Bay Ridge Emergency Dept by using the pre-arrival form to alert the team you are on your way
- Fill out forms before your appointment
- Message your care teams
- Search the provider directory
- See your test results
- View and pay bills online



Download and Sign Up With the MaimoCare App

1. Scan the QR code or visit maimocare.org to download the app to your mobile device or to enroll from any desktop computer.
2. Click “Register Now” and enroll using your email address and phone number.



On-Demand Virtual Care Using MaimoCare

For \$49, you can access video visits and 24/7 on-demand virtual care for adults and children without leaving your home. Use your existing MaimoCare account or enroll.

Account Support

Call our digital health support team: (718) 283-2244

Let's Stay on Top of Screenings—Together

You don't have to manage your health alone. Screenings are one of the best tools for catching problems early—even before you start to feel sick. At Maimonides Health, we help you stay ahead with regular tests, easy access to care, and clear answers to your questions.

Screening Checklist

Stay on top of your health by keeping track of your recommended screenings. Use this checklist to stay organized and talk with your doctor about what's next.



Breast Cancer

Mammogram every year starting at age 40



Cervical Cancer

HPV or Pap test starting at age 25



Colorectal Cancer

Stool test or colonoscopy starting at age 45



Lung Cancer

Low-dose CT scan if you're 50–80 and have a history of smoking



Prostate Cancer


Talk to your doctor about testing starting at age 45 (or earlier based on risk)



Skin Cancer


Full skin check every 1–3 years, depending on your age and history

Your health journey is personal, and we're here to support you through every step, from checkups to follow-ups. When you stay on top of screenings, you take a powerful step toward staying well.



Screening Type	Date of Screening/Notes

[illegible]



Screening Type	Date of Screening/Notes

**With you
every step.**



Maimonides
Health

Maimonides
Cancer Center

maimo.org/cancer