

Cancer screenings in Hawaii decreased last year due to the COVID-19 pandemic. Don't delay your cancer screenings and care.

If you've been putting off your doctor appointments because of the pandemic, call your primary care provider (PCP) to ask if you're due for one of these important screenings:

- **Cervical cancer** is the fourth most common cancer in women. Women ages 21-29 should be screened every three years. For women ages 30-65, screening is recommended every three to five years.
- **Breast cancer** is easiest to treat when caught early. Women ages 50-74 should get a mammogram every other year. Women ages 40-49 should talk to their doctor about what's appropriate for them.
- **Colorectal cancer** is one of the most preventable cancers when detected and treated early. If you're over 50 years old or have a family history of colon cancer, talk to your doctor about the screening method and frequency most appropriate for you.

**Need a doctor?** Use the Find a Doctor tool at [hmsa.com/eutf](https://hmsa.com/eutf). Or call us at (808) 948-6499 or 1 (800) 776-4672.

Don't wait until it's too late.



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