

# CANCER SCREENING IS NECESSARY FOR EVERY. BODY.

Your body is unique. Your healthcare should be too. Cancer screenings are an important part of staying healthy, and knowing what screenings are recommended based on the body parts you have can save your life.

## Why Cancer Screening Matters

- Early detection often means more treatment options and better outcomes.
- Some cancers can grow without symptoms. Regular screenings catch issues early.
- Healthcare providers are here to support your individual health needs.

## You Deserve Affirming Care

- It's okay to ask for gender-affirming, respectful healthcare.
- Many providers are trained to offer inclusive care. Find one that makes you feel comfortable.
- If you're unsure where to start, LGBTQIA+ health centers or advocacy organizations can help.

## Next Steps

- Bring this guide with you to a trusted healthcare provider to discuss your cancer screening needs.
- Advocate for your health. You deserve care that respects your identity and your body.

The information provided here are guidelines intended for educational purposes. Please speak to your provider about your individual cancer screening needs.



## What is Maine's Impact Cancer Network?

Maine's Impact Cancer Network (MICN) is a cancer-focused coalition funded by Maine Cancer Foundation. It serves as a powerful collaborative platform, bringing together partners to amplify efforts in reducing the burden of cancer in Maine. The coalition drives specialized Task Forces—workgroups committed to tackling key priorities identified by its members to lessen the impact of cancer across the state. If you're interested in learning more or getting involved with our LGBTQIA+ Task Force, we'd love to hear from you.



Visit [joinmicn.org](https://joinmicn.org) for more information.



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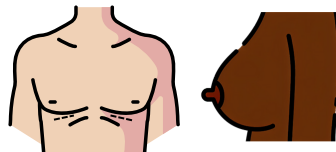
# IF YOU'VE GOT IT, SCREEN IT!



## SKIN

The American Academy of Dermatology recommends that everyone perform regular skin self-exams.

- If you notice any concerning changes or suspicious moles, consult with a dermatologist or healthcare provider.
- People with history of skin cancer, a large number of moles, atypical moles or family history of melanoma should undergo regular professional skin exams.



## CHEST/BREAST

American College of Radiology recommends annual screening mammography starting at age 40 for people assigned female at birth and trans women on estrogen for 5+ years.

If you have a family history of breast cancer, talk to your doctor about a personalized screening plan.



## COLON

The US Preventive Services Task Force recommends colorectal cancer (CRC) screening for adults aged 45–75.

People with these risk factors should ask their doctor about earlier or more frequent screening:

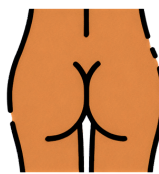
- A family history of CRC
- A personal history of inflammatory bowel disease or colorectal polyps
- Certain genetic syndromes



## PROSTATE

The American Cancer Society (ACS) recommends that anyone who has a prostate—including transgender women—begin talking with their doctor about prostate cancer screening at age 40.

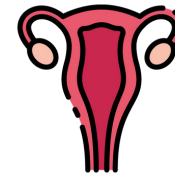
These conversations should focus on individual risk factors to help determine whether and when screening is appropriate.



## ANUS

ACS recommends focusing on individuals at a high risk, including:

- Those with a history of certain HPV infections or anal warts
- Individuals with a history of cervical, vaginal, or vulvar cancer
- Men who have sex with men
- Transwomen
- Individuals living with HIV or other immunocompromising conditions may also benefit from screening



## CERVIX

If you have a cervix, the ACS recommends starting cervical cancer screening at age 25 and ending at age 65.

- Primary HPV test every 5 years (preferred)
- Co-test (HPV and Pap test) every 5 years if a primary HPV test is unavailable
- Pap test alone every 3 years