



Health milestones for women

Tests and examinations for early detection of cancer
accepted by major public health programs

From the age of 20

Self Oral/ Mouth Examination (SME)

What

Self-inspection of the inside of your mouth with a small flashlight to check for abnormal white and/or red spots, ulcers, lumps or bumps.

Why

To detect any signs of oral pre-cancer or cancer.
Consumers of tobacco, alcohol, betel nut, pan masala etc. must especially perform this self-test.

When

Every month

Guide to SSE:

[Click here](#)



From the age of 20

Evaluation of risk due to cancer in the family

What

Consultation with our doctor who looks at your personal and family medical history; studies all your cancer screening tests and charts out family tree to include at least three generations to understand if you can inherit a gene mutation that causes cancer.

Why

To see if you need a session with a genetic counsellor for more stringent screening or genetic testing.

When

If your family has a history of breast cancer, large intestine, ovary, prostate or any type of cancer, especially if more than one member has or has had cancer, or if anyone has early-onset cancer before 50 years of age.





From the age of 30

Self Breast Examination (SBE)

What

Self-examination where you look at and feel each breast for lumps, bumps, distortions or swelling.

Why

To understand the normal look and feel of your breast so that you can detect anything unusual and screen for breast cancer early on.

When

Once a month

Guide to SBE:

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PAP Smear

What

Test performed by your gynaecologist where they check your cervix (the lower, narrow end of your uterus) and collect a small sample of cells using a delicate brush to inspect it under the microscope.

Why

To screen for cervical cancer.

When

Every 3 years



From the age of 50

Mammogram

What

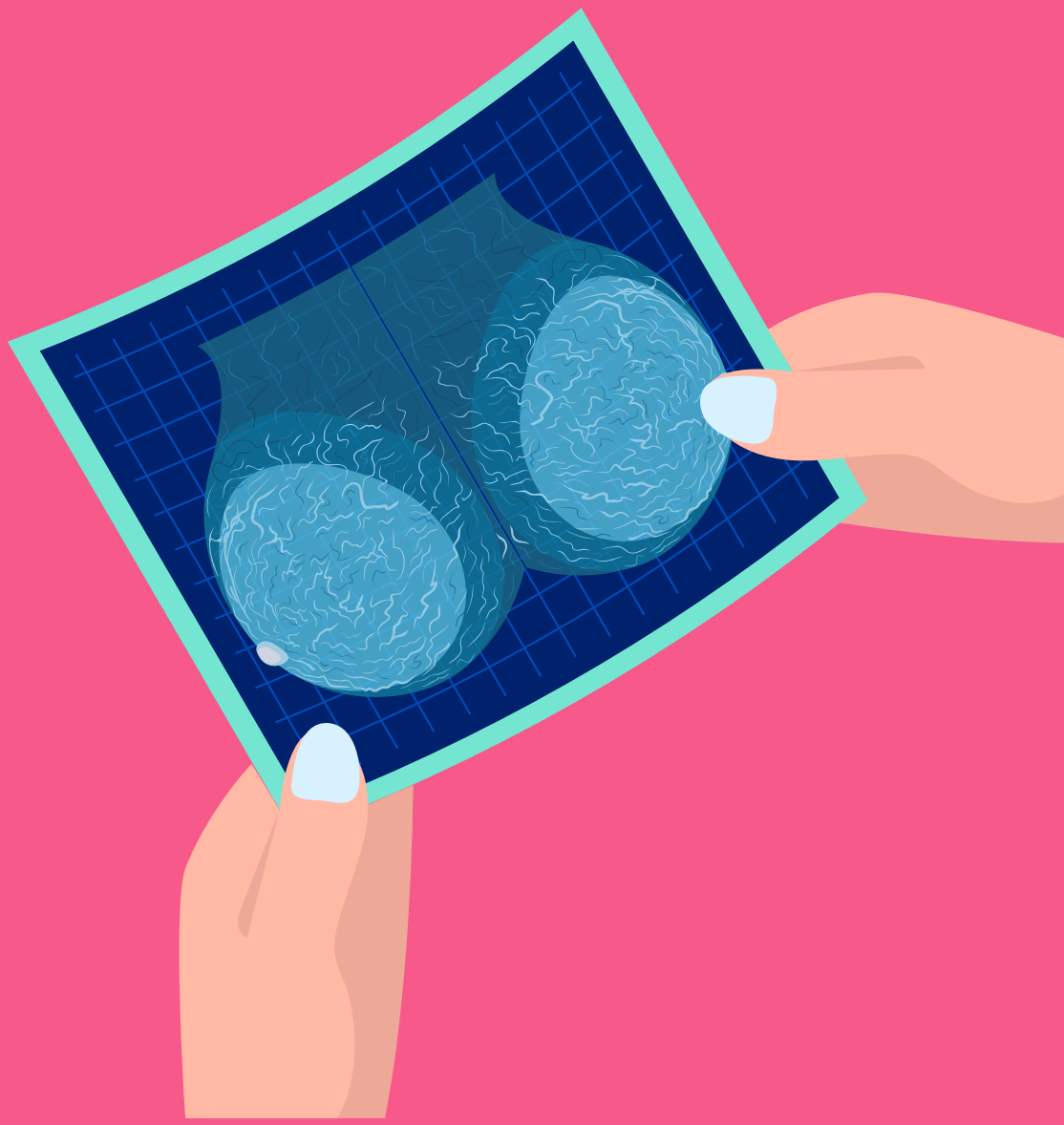
An X-ray of your breast using a specialised machine.

Why

To detect breast cancer early on before it becomes big enough to feel and trigger symptoms.

When

Every 2 years



From the age of 50

Faecal Occult Blood Test (FOBT)



What

Test that checks for hidden blood in your stool.

Why

Blood in the stool may be a sign of colorectal cancer.

When

Every year

Note:

For FOBT, you should avoid eating any raw fruits, raw vegetables, red meat or vitamin C enriched food or supplements or beverages in the 72 hours leading up to the test. You can eat chicken and pork.

Self Skin Examination (SSE)

What

This is a self-inspection you do to identify unusual growth or any abnormal change in your skin. For example, bumps, moles, blemishes, and changes in colour.

Why

To detect skin cancer early on.

When

Every month

Guide to SSE:

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