

Why Do I Need A Primary Care Physician?

Primary care physicians (PCP's) can be a family or internal medicine doctor, an obstetrician, gynecologist and/or a pediatrician. When it comes to managing your health, a PCP is the best ally you can have. They know you and your medical history, they are "your" doctor who you call when you are sick, for wellness checkups and screenings, and to monitor and treat acute and chronic conditions like diabetes, high blood pressure, high cholesterol, asthma, digestive issues, the flu, and more.

To Find A Primary Care Provider At



Lake Charles
Memorial
Health System

Call **800.494.LCMH (5264)**
or visit
lcmh.com/find-a-doc

Regular cancer screenings save lives.

Talk with your primary care provider about your family history and lifestyle behaviors to see which cancer screening tests are right for you.

Age 25 - 39

- **Cervical cancer screening:** Recommended for people with a cervix beginning at age 25.

Age 40 - 49

- **Breast cancer screening:** Recommended beginning at age 45, with the option to begin at age 40.
- **Cervical cancer screening:** Recommended for people with a cervix.
- **Colorectal cancer screening:** Recommended for everyone beginning at age 45.
- **Prostate cancer screening:** At age 45, African-Americans should begin discussing this screening with their doctor.

Age 50+

- **Breast cancer screening:** Recommended.
- **Cervical cancer screening:** Recommended.
- **Colorectal cancer screening:** Recommended.
- **Lung cancer screening:** Recommended for people who currently smoke or formerly smoked should discuss this screening with their doctor.
- **Prostate cancer screening:** At age 50, people who have a prostate should discuss this screening with their doctor.

Call 800.494.LCMH to find a PCP

Full American Cancer Society cancer screening guidelines can be found at www.Cancer.Org.