[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Julie] I’m Julie.

[Yvonne] And I’m Yvonne.

[Julie and Yvonne together] And we’re best friends!

[Julie] We’ve known each other a long time… and been through a lot.

[Yvonne] Yeah, like your bad perm in the 80s.

[Julie] Well, I was thinking of some of your exes…

[Yvonne] (Laughing) Ok, I’ll be quiet.

[Julie] Yeah, for once, you will. (Laughs). But seriously, I know it’s our birthday girls’ night out soon, and that reminded me that you were going to make an appointment for some cancer screening…did you?

[Yvonne] Well…after the big 5-0 I did have my mammogram, remember? You came with me.

[Julie] Yeah, I remember. And you made me get mine! I also remember you talked to your doctor about getting colorectal cancer screening…did you do that?

[Yvonne] I’m going to…but I’m trying to talk the hubby into getting his, too. You know how men are. I promise, I’m going to do it. The doctor’s office called and told me there are several options that make it easier than we thought…(trails off).

[Julie] You know I take that seriously. Before your mom passed, I promised her I’d look out for you.

[Yvonne] I know, and I’m grateful. You helped me quit smoking, which was huge!

[Julie] And you helped me lose weight…it was a struggle after that last baby, I tell you.

[Yvonne] She’s a big girl now. Didn’t you tell me that she had an appointment with a gynecologist and even got a Pap test? Seems like just yesterday I was changing her diaper!

[Julie] It’s unbelievable. Bad enough she’s moved to sunny California…I have to remind her about wearing sunscreen—I’m protecting her skin virtually now.

[Yvonne] (Sarcastically) Yeah, I’m sure she appreciates that. No young person thinks they can get skin cancer.

[Julie] Oh, she’ll appreciate the good advice when she’s our age.

[Yvonne] Well, I appreciate it now. I promise to talk to the doctor about scheduling any cancer screenings I need… and for hubby too. But for now, it’s all about the girls!
[Narrator] Women’s health can include screening for breast, cervical, colorectal, and lung cancers depending on your age and risk factors. Ask your doctor what kind of cancer screenings you need to stay healthy, or visit cdc.gov/cancer.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.