



**OFFICE OF THE COUNTY EXECUTIVE  
ALL-EMPLOYEES MEMORANDUM**

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**DATE: APRIL 3, 2025**

**EMPLOYEE MEDICAL HEALTH PLAN OF SUFFOLK COUNTY (EMHP)**

**APRIL IS CANCER PREVENTION AND EARLY DETECTION MONTH**

Making time for routine cancer screenings is an important part of safeguarding your health and peace of mind. While cancer screenings can't prevent or cure cancer, early detection can act as your first line of defense. Discussion with your health care provider will help you in determining when to begin your routine cancer screenings. *\*Preventive cancer screenings are covered under the Plan, as indicated, AT NO COST TO YOU.\**

- **Breast Cancer** - single baseline mammograms are covered as early as age 35, and routine screening mammography's are recommended for all women starting at age 40. It is important to have routine mammograms for early detection of breast cancer even if you are feeling healthy, don't have any family history of breast cancer or have had clear mammograms in the past. The chance of developing breast cancer increases as you age.
- **Cervical Cancer** - screenings are covered as part of your annual pelvic examination. These include regular tests like Pap tests and HPV tests to detect precancerous changes or early cancer, allowing for timely treatment and prevention.
- **Colorectal Cancer** - one of the most common types of cancer among adults it often does not show any symptoms, especially at first. Routine screenings are recommended for most adults starting at age 45 and are the best way to find precancerous lesions and early-stage colorectal cancers when they are easiest to treat. When colorectal cancer is diagnosed at an early stage, the survival rate increases.
- **Prostate Cancer** – the most common cancer of American Men, (excluding skin cancer). Most prostate cancers develop in older men and grow very slowly. Some prostate cancers can grow quickly and spread to other parts of the body, and in some cases causing death. Screening may include a PSA (prostate-specific antigen) test and/or DRE (digital rectal exam) and should be discussed with your medical provider.
- **Lung Cancer Screening** – recommended for current or former smokers 50 to 80 years of age with a 20 pack/year(s)+ smoking history and/or if you are a former smoker who has quit within the past 15 years.

In addition to cancer screenings, the EMHP covers many more preventive health screenings. For a list, please refer to the website: [www.aetna.com](http://www.aetna.com) or by using the QR Code below.

A handwritten signature in black ink, appearing to read "Kevin B. Molloy". The signature is written in a cursive style.

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**KEVIN B. MOLLOY**  
**CHIEF DEPUTY COUNTY EXECUTIVE**

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