

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<ol style="list-style-type: none"> 1. Mammograms 2. Breast Ultrasounds 3. Breast MRI 	<p>For women with an average risk of developing breast cancer are recommended to begin annual screening for breast cancer every year between the ages of 40 to 54. Once a woman has reached the age of 55, they can choose to continue yearly mammograms or screen every other year. However, it is important to note that women with a high risk of developing breast cancer are encouraged to begin annual breast cancer screening at 30 years of age.</p>
Colon	<p>Stool based tests which include a highly sensitive fecal immunochemical test (FIT), a highly sensitive guaiac-based fecal occult blood test (gFOBT), and a multi-targeted stool DNA test (mt-sDNA).</p> <p>Another form of screening includes visual exams of the colon and rectum. These tests include a colonoscopy, CT colonography, and a Flexible sigmoidoscopy.</p>	<p>For any gender with an average risk for developing colon cancer, it is recommended to begin regular screening at the age of 45. This screening is recommended to the age of 75 but becomes the individual's personal preference after the age of 76. Once an individual has reached the age of 86, colon cancer screening is no longer recommended.</p> <p>Different tests have different recommended frequencies. Most stool-based tests are recommended to be done every year, except the multi-targeted stool DNA test which should be completed every three years. The visual exams are recommended every five years, except a colonoscopy which is recommended every ten years.</p>
Prostate	<ol style="list-style-type: none"> 1. Prostate-specific antigen (PSA) blood test 2. Digital Rectal Exam (DRE) 	<p>To initiate early diagnostic screening, men are encouraged to be screened for possible signs of prostate cancer starting at the age of 50 if they are of average risk. However, men who are at risk or high risk, are encouraged to begin prostate cancer screening at the age of 40 to 45. Depending on the individuals result from the PSA blood test, men should be rescreened every year or every other year. Although these tests are used to screen for prostate cancer, it will not verify if an individual has prostate cancer. This can only be verified by getting a prostate biopsy which is recommended for males who have abnormal results on prostate-specific antigen (PSA) blood test and digital rectal exam.</p>

Cervical	<ol style="list-style-type: none">1. HPV test2. Pap test	The ACS recommends that cervical cancer screening in women begin as early as 25 years old. With the primary testing procedure being an HPV test, it is recommended that individuals test every five years. This HPV can be a co-test with a pap test, however, a pap test should be completed on it's own every three years.
Lung	Low-dose CT scan (LDCT)	As lung cancer does not show symptoms until it has progressed into an advanced stage, it is recommended that individual who are at higher risk for developing lung cancer get tested earlier in age. It is recommended by the ACS that individuals from the ages of 50 to 80 in good health, who currently smoke or have quit within the last 15 years, and have at least a 20 pack year smoking history be screened yearly.