

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	Mammograms Breast MRI	<p>Women with average risk for breast cancer:                      -between 40 and 44 have the option to start screening with a mammogram every year                      -45 to 54 should get mammograms every year                      -&gt;54 can switch to a mammogram every other year or continue yearly mammograms</p> <p>Women with high risk for breast cancer should get a breast MRI and mammogram every year, typically starting at age 30.</p>
Colon	<p>Stool-based tests</p> <ul style="list-style-type: none"> <li>-fecal immunochemical test q yearly</li> <li>-guaiac-based fecal occult blood test q yearly</li> <li>-multi-targeted stool DNA test</li> </ul> <p>Visual exams q 3 years</p> <ul style="list-style-type: none"> <li>-colonoscopy q 10 years</li> <li>-CT colonography q 5 years</li> <li>-flexible sigmoidoscopy q 5 years</li> </ul>	<p>For people at average risk:</p> <ul style="list-style-type: none"> <li>-45 is the age to start regular screening</li> <li>-45 to 75 should continue regular colorectal cancer screening</li> <li>-76 to 85 can base their decision to be screened on their preferences, life expectancy, overall health, and prior screening history</li> <li>-&gt;85 should no longer get colorectal cancer screenings</li> </ul>
Prostate	<p>Prostate-specific antigen blood test</p> <p>Digital rectal exam</p>	<ul style="list-style-type: none"> <li>-Men aged 50 at average risk for prostate cancer and expected to live at least 10 more years</li> <li>-Men aged 45 at high risk</li> <li>-Men aged 40 at even higher risk</li> </ul> <p>Men who choose to be tested via PSA blood test may only need to be retested q 2 years if &lt;2.5 ng/mL; yearly if ≥2.5 ng/mL.</p>
Cervical	<p>HPV test</p> <p>Pap test</p>	<ul style="list-style-type: none"> <li>-Women aged 25 should begin cervical cancer screenings</li> <li>-Those aged 25 to 65 should have a primary HPV test q 5 years, a co-test with the Pap test q 5 years, or Pap test alone q 3 years</li> <li>-Those &gt;65 who have had regular screenings in the past 10 years with normal results and no history of CIN2 or more serious diagnosis within the past 25 years should stop screening and not have it started again.</li> </ul>
Lung	<p>Low-dose CT (LDCT) scan</p> <p>(Chest x-rays have been studied as screening tests but have not been shown to help</p>	<p>Yearly lung cancer screening with LDCT scans is recommended for people who:</p> <ul style="list-style-type: none"> <li>-are 50 to 80 years old and in good health, and;</li> <li>-currently smoke or have quit in the past 15 years,</li> </ul>

	<p>most people live longer, so they are not recommended for lung cancer screening.)</p>	<p>and; -have at least a 20 pack-year smoking history Also, it is important that people being screened: -receive counseling to quit smoking if they currently smoke, and; -have been told by their provider about the benefits, limits, and harms of LDCT scans, and; -can go to a center that has experience in lung cancer screening and treatment</p>
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