

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	Mammograms Breast Ultrasound Breast MRI	Females, over the age of 55, white, being taller, having dense breast tissue, benign breast conditions, drinking alcohol, being overweight, not having children, not breastfeeding, birth control, hormone therapies, breast implants Start menstrual periods early + menopause later Radiation to the chest Exposure to diethylstilbestrol Hereditary genes changed <ul style="list-style-type: none"> - Family history Yearly mammograms
Colon	Blood based tests Stool based tests Colonoscopy X-rays CT Sigmoidoscopy	Begin yearly screening at 45 Overweight Diabetes Mellitus Type 2 Smoking, alcohol After age of 50, American Indian, Alaska Native, African American, Jews Males Cholecystectomy, hx of polyps or cancer, IBD, hx of radiation to abdomen + pelvis
Prostate	PSA blood test Digital Rectal Exam	Regular testing after age 50 Older age, African American, Caribbean Family hx <ul style="list-style-type: none"> - Inherited gene changes Diet – high consumption of dairy (calcium) Obesity Smoking Chemical Exposure STI's, inflammation of prostate Vasectomy
Cervical	HPV PAP	HPV infection Sexual hx Smoking Weak immune system – HIV Chlamydia infection Long use of birth control Multiple full term pregnancies + young at first full term Poor diet Family hx Diethylstilbestrol At age 25, every 5 years

<p>Lung</p>	<p>Chest X-ray CT MRI PET Needle Biopsy Sputum cytology Bronchoscopy Lung function tests Gene testing</p>	<p>Tobacco smoke Secondhand smoke Exposure to radon Exposure to asbestos Air pollution Arsenic in water Previous radiation therapy Personal/family hx Screened yearly after 50 if non-smoker Earlier if smoker</p>
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