

Lillian M.

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<ul style="list-style-type: none"> <li>- Mammograms</li> <li>- Breast ultrasound</li> <li>- Digital breast tomosynthesis (3D mammography)</li> <li>- Clinical Breast Exam (CBE)</li> <li>- Breast MRI</li> </ul>	<ul style="list-style-type: none"> <li>- women 40-44, start mammograms</li> <li>- women 45-54, mammograms yearly</li> <li>- women 55 and older, mammograms every 2 years or continue going every year</li> <li>- women who had radiation therapy to chest before 30.</li> </ul>
Colon Guaiac-based fecal occult blood test (gFOBT) Fecal Immunochemical Test (FIT)	<ul style="list-style-type: none"> <li>- Blood based test</li> <li>- Stool based test</li> <li>- visual (structural) exams → colonoscopy</li> <li>- CT colonography</li> <li>- sigmoidoscopy</li> </ul>	<ul style="list-style-type: none"> <li>- F &amp; M at age 45</li> <li>- still in good health continue through 75</li> <li>- once 85 → no more screenings</li> <li>→ every 10 years</li> <li>→ every 5 years</li> <li>→ every 5 years</li> </ul>
Prostate	<ul style="list-style-type: none"> <li>- PSA (prostate-specific antigen) blood test</li> <li>- if PSA ↑, DRE recommended</li> </ul>	<ul style="list-style-type: none"> <li>- men 50 years old - average risk</li> <li>- men 45 - high risk</li> <li>- men 40 - higher risk (1<sup>st</sup>-degree relatives who had it)</li> </ul>
Cervical	<ul style="list-style-type: none"> <li>- HPV → every 5 years</li> <li>- Pap smears every 3 years</li> </ul>	<ul style="list-style-type: none"> <li>- women at age 25</li> <li>- 25-65</li> <li>- women over 65 who have normal results can stop testing</li> </ul>
Lung	LDCT (low dose CT)	<ul style="list-style-type: none"> <li>- 50-80 years, both F &amp; M who smoke or used to smoke, have a 20 pack-year history of smoking</li> </ul>