Cancer Screening Recommendations

| Cancer | Screening Test (s) | Recommended for whom, what age, how often? |
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| Breast | - **Mammogram**: low-dose x ray that allows radiologists to look for changes in breast tissue<br>- **Breast ultrasound:** uses sound waves and echoes to create pictures of the inside of the breast. It can show specific breast changes that may be deemed difficult from a mammogram<br>- **Breast MRI:** uses radio waves and strong magnets to make detailed pictures of the inside of the breast<br>  - **Abbreviated breast MRI:** fewer images are taken over a shortened period<br>- **Contrast-enhanced spectral mammography:** iodine-containing contrasting dye is injected into the blood a few minutes before 2 sets of mammograms to get a better view of the upper abnormal areas of the breasts<br>- **Elastography:** the breasts are slightly compressed, and an ultrasound is used to determine how firm a suspicious area is<br>- **Electrical impedance** | - Women ages 40-44 should have the option to have a mammogram screening every year<br>- Women 45-54 should get mammogram every year<br>- Women 55 and older can switch to every other year or continue to be screened annually |

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| | **tomography:** small electrodes are taped to the skin to pass small electrical current and detect them off the skin, useful to help classify tumors from the mammogram | |
| Colon | - **Blood-based test:** looks for possible signs of cancer or pre-cancerous polyps in the blood<br>- **Fecal immunochemical test (FIT):** checks for hidden blood in the stool from the lower intestines<br>- **Guaiac-based fecal occult blood test (gFOBT):** finds hidden blood in the stool through a chemical reaction<br>- **Stool DNA test:** looks for certain abnormal sections of DNA from cancer or polyp cells, or hidden blood<br>- **Colonoscopy:** a colonoscope is used to visualize the entire length of the colon and rectum<br>- **CT colonography:** advanced type of CT scan that can show abnormalities including polyps or cancer<br>- **Sigmoidoscopy:** does not examine the entire colon like a colonoscopy, only the rectum and less than half of the colon | - People are who are at average risk of colon cancer should start regular screening at age 45<br>- People in good health and have a life expectancy of more than 10 years should regularly be screened through the age of 75<br>- For ages 76-85, a decision should be made based on personal preferences, life expectancy, overall health, and prior screening history<br>- Colon cancer screening is no longer needed for people aged 85 and above |

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| Prostate | - **Prostate-specific antigen (PSA) blood test:** protein made by cells in the prostate gland, the chance of having prostate cancer goes up if the PSA level goes up in the blood<br>- **Digital rectal exam (DRE):** feel any bumps or hard areas that might be cancer | - It is recommended that men are provided the chance to make an informed decision to be screen or not<br>- It should be discussed with:<br>o Aged 50 men who are at average risk and are expected to live >10 years<br>o Aged 40 men at high risk: African American, those who have a brother or father (first-degree relative) who was diagnosed younger than 65<br>o Aged 40 men who are at a higher risk: more than one first-degree relative who at prostate cancer at an early age |
| Cervical | - **HPV test:** looking for pieces of DNA in the cervical cells (high-risk or carcinogenic types)<br>- **Pap test:** procedure used to collect cells from the cervix so that they can be visualized in the lab to find cancer or pre-cancer | - Screening should begin at the age of 25<br>- 25-65 women should have a PHV test every 5 years, a co-test that combines the HPV and Pap test every 5 years, or the Pp test every 3 years<br>- 65 and older who have had regular screening in the past 10 years and no abnormalities should stop<br>- History of serious pre-cancer should be tested for at least 25 years after the condition was found |
| Lung | - **Low-dose CT (LDCT) scan:** screen for people who are high risk and find abnormal areas that may be cancer | - Recommends yearly screening for people who are aged 50-80 who smoke or used to, and have at least a 20 pack-year history of smoking |