

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<p>Mammograms- low dose x-rays of the breast, there are 2D and 3D... 3D is newer and tends to find more breast cancers and can be more helpful with more dense breast tissues</p> <p>Clinical Breast exam- a physical exam done by a health professional</p> <p>Breast self-exam- a physical exam done by yourself to examine for any lumps or physical symptoms</p>	<p>Women who are at high risk for breast cancer should be screened every year starting at age 30</p> <p>Women between 40 and 44 can choose to get screened every year</p> <p>Women between 45 to 54 should get screened every year</p> <p>Women 55 and older can get screened every other year or can choose to get screened every year, but should continue as long as in good health</p> <p>All women should understand the screening process and what the test can and cannot do</p>
Colon	<p>Stool Based Tests:</p> <ul style="list-style-type: none"> - FIT every year - gFOBT every year - MT-sDNA or sDNA-FIT, or FIT-DNA every three years <p>Visual Exams of colon and rectum:</p> <ul style="list-style-type: none"> - Colonoscopy every 10 years - CT colonography every 5 years - Sigmoidoscopy every 5 years 	<p>High Risk:</p> <ul style="list-style-type: none"> - Strong family history of colorectal cancer or certain types of polyps - Personal history of colorectal cancer or types of polyps - Personal history inflammatory bowel disease - Personal history of radiation to the abdomen or pelvic area to treat prior cancers

<p>Prostate</p>	<ul style="list-style-type: none"> - Prostate-specific antigen blood test - Digital rectal exam - Prostate biopsy 	<ul style="list-style-type: none"> - Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years - Age 45 for men at high risk for developing prostate cancer - Age 40 for men at even higher risk
<p>Cervical</p>	<ul style="list-style-type: none"> - Pap test - HPV test 	<ul style="list-style-type: none"> - Should be begin at age 25 - Age 25 to 65 should have a primary HPV test every 5 years - Over age 65 who have had regular screening in the past 10 years with normal results within 25 years, should stop cervical cancer screening - People who have been vaccinated against HPV should still follow these guidelines for their age groups
<p>Lung</p>	<ul style="list-style-type: none"> - Yearly low-dose CT scan - Lung biopsy - Chest x-ray - MRI scan - PET scan 	<ul style="list-style-type: none"> - Yearly scans for people ages 50 to 80 years old ... smoke or used to smoke and have at least a 20 pack-year history of smoking