

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	Mammograms are the most common screening test done for breast cancer. A screening mammogram is done by taking X-ray pictures of each breast at two angles to look for symptoms or signs of breast cancer. For women at high risk of breast cancer a breast MRI is recommended along with a yearly mammogram to increase early diagnosis.	Breast cancer mammograms are recommended to start in females at around age 40 and they should be completed at least every year if possible. Certain genes and family history of cancer can also increase a woman's risk of breast cancer so extra screenings may be done. White women are slightly more likely to develop breast cancer and studies have also shown that taller women are at a higher risk than shorter women.
Colon	There are two ways to be screened for colon cancer. The first being a stool-based test, where tests are done on the DNA and contents of the stool every 1 or 3 years depending on the test. The other way is a visual exam of the colon, which is done by procedures like a colonoscopy where a provider uses a scope camera to view the colon for signs of cancer.	People who are overweight, suffer from Type 2 diabetes, have family history of colon cancer, have certain types of diets, smoke, are around 50 years of age or older, or are male are at a higher risk of colon cancer and should be screened at least every year to increase an early diagnosis. As a person gets older the risk is higher so the need to be tested is more and more important, especially when around 50 years of age, or earlier if they have other risk factors.
Prostate	One common test done to screen for prostate cancer is a prostate-specific antigen blood test which can be done by a provider or could even be completed at home in some cases. The other option is a digital rectal exam, where the doctor inserts a finger into the rectum to feel for any bumps in the rectum, but this can commonly be very uncomfortable for the man.	Older age individuals are more at risk, men 40 years or older are at risk of prostate cancer. The risk rises rapidly after the age of 50 in men. Race, family history, inherited gene changes, diet obesity, smoking, chemical exposures, and sexually transmitted infections are also factors that increase the chance of prostate cancer. Men from the age of about 45-50 should get a prostate exam or blood test at least every 3-5 years to increase early diagnosis.
Cervical	The most common screening test for cervical cancer is a HPV test. This is most commonly done during a pap smear and is tested along with other possible diseases/conditions in the cervix.	A complex sexual history with many partners and not proper protection is the highest risk factor for cervical cancer. Cervical cancer is most common after the age of 35 and a pap smear should be done annually to promote early diagnosis.

Lung	There are many tests that can be done to screen for lung cancer. They are a chest x-ray, a CT scan, a MRI scan, a PET scan, and a bone scan. These are all done to look at imaging of the lungs to screen for possible abnormalities in the tissues.	Smoking is a big risk factor for lung cancer, so is exposure to asbestos, exposure to radon, air pollution, and family history of lung cancer. People who are at risk of cancer should be scanned at least annually to promote early diagnosis.
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