

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<ul style="list-style-type: none"> • Mammograms • Breast Ultrasound • Breast MRI • Newer and Experimental Breast Imaging test 	<ul style="list-style-type: none"> • A screening mammogram is x-ray pictures used to look for signs of breast cancer in women. Women aged 40-44 have the option to get a screening every year and 45-54 should get one every year. Women 55+ can switch to every other year. • Breast ultrasound uses sound waves to make a computer image of the inside of the breast. It is not typically used as routine screening but can be helpful in women with dense breast tissue. Breast ultrasounds have the same age range as mammograms but can be done more often depending on the issues or findings that may indicate the use of this screening. • Breast MRI uses radio waves and magnets to make detailed photos of the breast. Used to screen women at any age that are high risk of breast cancer. An MRI is not done often or routine but used when mammograms cannot pick up the smaller details. •
Colon	<ul style="list-style-type: none"> • Blood-Based Tests • Stool-based tests • Visual (structural) exams 	<ul style="list-style-type: none"> • Blood based tests used for people who are at average risk are Shield and Epi proColon. Blood DNA that can be done on both males and females • Stool tests can look at the feces of people for colorectal cancer or polyps and done every year. • Visual (structural) exams can look at areas in both sexes where cancer or polyps may be present in the rectum. May be done every 5-10 years • Both males and females at average risk of colon cancer can have routine screenings done around the age of 45 once a year. • Ages 76-85 the decision is a personal preference based on health
Prostate	<ul style="list-style-type: none"> • Prostate-Specific Antigen blood test • Digital rectal exam 	<ul style="list-style-type: none"> • Recommended screening for men who are age 50 at average risk and have at least 10 years left to live. Age 45 for men at high risk and age 40 for men at even higher risk. • PSA blood test measures the amount of

		<p>protein made by cells in the prostate glands that are found in the blood. The higher the PSA, the higher the chance of prostate cancer. Done about once a year</p> <ul style="list-style-type: none"> • DRE is when a doctor inserts gloved finger into rectum to feel for bumps or hard areas on prostate that could be cancer. Can get tested every 2 years
Cervical	<ul style="list-style-type: none"> • HPV test • Pap Test 	<ul style="list-style-type: none"> • Cervical cancer testing should begin at age 25. • Those aged 25-65 should have HPV test every 5 years • Pap tests every 3 years • Tests done on females. HPV test done to look for infection in cervical cells that can cause cervical cancer. Pap test collects cells from cervix to see if there is any changes in cells that might be pre-cancers or cancer
Lung	<ul style="list-style-type: none"> • Chest x-ray • CT Scan • MRI scan • PET scan • Bronchoscopy • Lung function test 	<ul style="list-style-type: none"> • Certain criteria to screen for lung cancer • Yearly screening for lung cancer with a low dose CT scan for people (men and women) aged 50-80 years old who smoked or used to smoke and have at least a 20 pack-year history smoking. • Imaging tests use x-rays, magnetic fields, sound waves or radioactive substances to create pictures inside your body and of the lungs. Other tests such as bronchoscopy can be used to look at the areas affected. PFT can be used to determine how well the lungs are working.