

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<p><u>Mammograms</u> (screening/diagnostic): Low dose x-rays to locate breast cancer, show abnormal areas within the breast</p> <p><u>Breast Ultrasound:</u> Sound waves and echoes to show pictures within the breast</p> <p><u>Breast Magnetic Resonance Imaging (MRI):</u> Screen for breast cancer, compare symptoms to breast cancer, determine extent of breast cancer</p>	<p><u>Mammograms:</u> Recommended for women who are asymptomatic along with women who have symptoms of cancer. Women 45 to 54 should get mammograms yearly and women older than 55 should get mammograms every other year</p> <p><u>Breast Ultrasound:</u> Ultrasounds are typically used to complement mammograms and used for the diagnostic purpose</p> <p><u>Breast Magnetic Resonance Imaging (MRI):</u> Women who are at <u>high risk</u> for breast cancer should get an MRI every year, typically starting at the age of 30</p>
Colon	<p><u>Blood-based tests:</u> Assess individuals' blood for signs of colon cancer</p> <p><u>Stool-based tests:</u> Assess individuals' stool for signs of colon cancer</p> <p><u>Colonoscopy/Visual (structural):</u> Visual examination of the colon through a scope inserted in the rectum or special imaging</p>	<p><u>Recommended for whom:</u> A family history of colorectal cancer, personal history of inflammatory bowel disease), history of radiation to the abdomen</p> <p><u>Age:</u> The American An individual at an average risk for colon cancer should begin regular screening at the age of 45 through the age of 75.</p> <p><u>How often:</u> Visual (structural) exams for instance a colonoscopy should be conducted every 10 years</p>
Prostate	<p><u>Prostate Biopsy:</u> Small samples of the prostate removed for examination under a microscope</p> <p><u>Digital Rectal Exam:</u> Physical insertion of a gloved, lubricated finger into the rectum to assess for any bumps or hard areas on the prostate performed by a doctor</p>	<p><u>Recommended for whom:</u> All men are at risk for prostate cancer, family history, African American males, and older age</p> <p><u>Age:</u> Men who are between 40 to 50 years old. 50 years old (average risk), 45 years old (high risk), 40 years old (even higher risk)</p> <p><u>How often:</u> Men who choose to be tested who have a PSA of less than 2.5 ng/mL have a possibility of getting tested every two years. Screening should only be continued yearly for men who have a PSA level at 2.5 ng/mL or higher</p>
Cervical	<p><u>HPV:</u> Detects the presence of HPV, the virus which causes cervical cancer</p> <p><u>Pap (Papanicolaou) Smear:</u> Collection of cells from cervix to be examined under a</p>	<p><u>Recommended for whom:</u> Individuals with a cervix should follow early cervical cancer guidelines</p> <p><u>Age:</u> Cervical cancer screening should be at the age 25</p> <p><u>How often:</u> Between the age 25 and 65 should have a primary HPV test every five years</p>

	microscope	
Lung	<p>Chest X-Ray: Often first test for lung cancer, spotting abnormal areas in the lungs</p> <p><u>Computed tomography (CT) scan:</u> Multiple images looking for tumors (shape, size and positioning)</p> <p><u>Magnetic Resonance Imaging (MRI) scan:</u> Imaging of the soft tissues to look for possibility of metastasis</p> <p><u>Positron Emission Tomography (PET) scan:</u> Used for cancer staging, where have the cell spread to?</p> <p><u>Bone Scan:</u> Used to assess if the cancer has spread to bones</p>	<p><u>Recommended for whom:</u> Individuals who have a history of smoke or second-hand smoking which are at a higher risk for lung cancer</p> <p><u>Age:</u> Between the age 50 to 80</p> <p><u>How often:</u> The American Cancer Society recommends yearly screening for lung cancer</p>