

# Kevin Juarez

## Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<p>The screening tests done are mammograms. (x-rays of the breast)</p> <p>Women should be familiar with how their breasts look and feel like. Changes should be reported.</p>	<p>MRI screenings should be done if there is any history related.</p> <p>Women 40-44: annual screenings if they wish to do so.</p> <p>45-54: yearly mammograms</p> <p>55 and older: Can continue yearly screenings, or every 2 years.</p>
Colon	<p>Sensitive test that looks for signs of cancer in stool. (Stool based test)</p> <p>Exam that looks at the colon &amp; rectum (visual exam)</p> <p>Colonoscopy</p>	<p>No matter preferred choice of screening, regular screening starts at age 45, and regularly continued if in good health through age 75.</p> <p>76-85, screening is talked through and advised by provider.</p> <p>Over 85: screening stopped</p>
Prostate	<p>PSA blood test.</p> <p>Can be done with or without rectal exam. Frequency depends on PSA level.</p>	<p>Men should make informed decisions with provider to decide to take test.</p> <p>Age 50, discuss pros and cons with provider, then decide if exam is right choice. African Americans or relative with prostate cancer before 65. Should discuss with provider before 45.</p>
Cervical	<p>HPV test } Co test available Pap test } every 3 yrs</p>	<p>should begin at age 25</p> <p>25-65 should have primary HPV test every year</p> <p>Suppressed immune system requires tests more often</p>
Lung	<p>Low dose CT (LDCT) scan.</p> <p>For smokers, or previous smokers. And at least 20 pack-year history</p>	<p>For people ages 50 to 80.</p> <p>History of smoking: 20 Pack year scans should be done yearly</p>