

### Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<ul style="list-style-type: none"> <li>• Mammograms</li> <li>• Breast Ultra sound</li> <li>• Breast MRI</li> <li>• Abbreviated breast MRI (fast breast MRI)</li> <li>• Nuclear Medicine tests(Radionuclide imagine)</li> <li>• Contrast enhanced mammography</li> <li>• Elastography</li> </ul>	<p>It is recommended that women get regular breast cancer screening with or without symptoms; specifically, Women have the option of yearly screening at the age between 40-44. At the age of 45 to 54 it is recommended every year. Once at 55- and older, can switch to every other year if general health is in good standing.</p> <p>Early detection can be determined with screening</p>
Colon	<ul style="list-style-type: none"> <li>• Fecal occult blood test</li> <li>• CBC labs</li> <li>• Diagnostic colonoscopy</li> <li>• Proctoscopy</li> <li>• MSI and MMR testing</li> <li>• CT or CAT scan</li> </ul>	<p>Factors which increase ones chance of getting Colon cancer include, excessive body weight, Type 2 Diabetes, smoking, alcohol use (prevalent in those with moderate to heavy alcohol use. Natural risk factors include age (common in men after age 50), American Indian/ Alaskan native/ African American people. Men are more likely to die than woman for unclear reasons; Women who have colon cancer are most likely to have right sided colon cancer (Usually post menopausal)</p>
Prostate	<ul style="list-style-type: none"> <li>• Prostate-specific antigen blood test</li> <li>• Prostate health index</li> <li>• PSA Velocity</li> <li>• Digital rectum exam</li> <li>• Prostate biopsy</li> <li>• Prostate cancer grade (Gleason score/grade group)</li> <li>•</li> </ul>	<p>Prostate cancer is more likely to develop in older men as it would be rare to find this diagnosis in a man under 40 years old. The average age of men diagnosed is the age of 67, the risk is also higher in African American, and Caribbean/African descent. Those with a family history of prostate cancer have a higher probability of having it as well although this is still prevalent in those w/o a family history. Factors which increase risk of colon cancer are obesity, over consumption of dairy products, chemical exposure to arsenic, Agent orange, and some firefighters are exposed to chemicals which can increase risk</p> <p>Every 1 in 44 men will die of prostate cancer</p>
Cervical	<ul style="list-style-type: none"> <li>• Colposcopy</li> <li>• Endocervical curettage (endocervical scraping)</li> <li>• Cone biopsy</li> <li>• Cystoscopy, proctoscopy,</li> </ul>	<p>Regular screening tests like HPV and PAP test are used to diagnose cervical cancer.</p> <p>Risks factors that increase ones chance of getting cervical cancer include prior HPV infection, Those sexually active &lt;18, multiple sexual partners, smoking doubles their risk of getting cervical cancer, weakened immune system, chlamydia</p>

	<p>examination under anesthesia</p>	<p>infection, long term use of oral contraceptives, multiple full term pregnancies (Likely due to the increased exposure to HPV infection)</p> <p>Women whose mothers took Diethylstilbestrol (DES), when pregnant with them, develop clear-cell adenocarcinoma of the vagina or cervix more often than normally expected. These types of cancer are extremely rare in women who haven't been exposed to DES</p>
<p>Lung</p>	<ul style="list-style-type: none"> <li>• Chest X-ray, CT scan, MRI scan, PET scan, Bone scan</li> <li>• Needle biopsy</li> <li>• Fine needle aspiration</li> <li>• Core biopsy</li> <li>• Thoracentesis</li> <li>• Sputum cytology</li> <li>• Genomic testing</li> <li>• PD-L1 testing on tumor cells</li> </ul>	<p>Factors which can increase ones risk are tobacco smoke, exposure to Radon, asbestos, uranium, arsenic, beryllium, cadmium, silica, vinyl chloride, diesel exhaust, use of beta-carotene supplements, arsenic in drinking water.</p> <p>Factors which one could not control include air pollution, family history</p>