

Jordyn Palmer

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often? women ages
Breast	<ul style="list-style-type: none"> mammograms (x-ray) <ul style="list-style-type: none"> • 2D - normal • 3D - digital breast tomosynthesis (new) breast ultrasound clinical and self-exam of breast breast MRI 	40-44: option to screen every year 45-54: should get every year 55-older: can switch every other year or continue yearly (healthy + life expectancy of at least 10 more yrs)
Colon	<ul style="list-style-type: none"> highly sensitive fecal immunochemical test every year highly sensitive guaiac-based fecal occult blood test every year multi-targeted stool DNA test with fecal immunochemical testing every 3 years colonoscopy every 10 years or colonography every 5 years sigmoidoscopy every 5 years 	women and men ages 45: start regular screening through 75: continue regular screening (healthy + life expectancy of more than 10 yrs) over 85: no more screening 76-85: decision to be screened based on individual, life expectancy, overall health, prior screening history
Prostate	<ul style="list-style-type: none"> prostate-specific antigen blood test digital rectal exam prostate biopsy MRI 	men ages 50: average risk (start) 45: high risk (African American + men with first degree relative) 40: even higher risk (more relatives who had prostate cancer at early age)
Cervical	HPV and Pap test (can be done together)	women and men ages 25: start at 25-65: get primary HPV test every 5 years ↓ over 65: stop testing if within last 10 years tested within normal results
Lung	low dose CT scan (lung screening)	women and men ages 50-80: yearly screening (smoke or used to smoke and have at least 20 pack-year history of smoking)

if not available, 5 years HPV + Pap test every 3 years or Pap test every 3 years

- history of serious cervical pre-cancer should continue to test for at least 25 years after diagnosis
- people whose cervix has been removed by surgery (don't test)
- people who have been vaccinated against HPV (still follow screening)