

### Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<ol style="list-style-type: none"> <li>1. Mammograms</li> <li>2. MRIs</li> </ol>	<ul style="list-style-type: none"> <li>- Woman ages 40 to 44: should have the choice to start annual breast cancer screening with mammograms if they wish to do so</li> <li>- Woman age 45 to 54: mammograms every year</li> <li>- Woman 55 and older: switch to mammograms every 2 years, or can continue yearly screening</li> <li>- Screening should continue if a woman is in good health and is expected to live 10 more years or longer</li> <li>- Some woman, because of family history/genetic tendency/other factors, should be screened with MRIs along with mammograms</li> </ul>
Colon	<ol style="list-style-type: none"> <li>1. Stool-based test</li> <li>2. Visual exam of colon and rectum</li> <li>3. Colonoscopy</li> </ol>	<ul style="list-style-type: none"> <li>- Recommended that regular screening start at the age of 45, this can be done with a stool-based test, or with a visual exam that looks at the colon and rectum</li> <li>- If you're in good health, regular screening should continue through age 75</li> <li>- People ages 76 through 85 should talk to their health provider about whether to continue screenings</li> <li>- People over 85 should no longer get colorectal screening</li> <li>- If you choose to be screened with a test other than a colonoscopy, any abnormal, test results need to be followed up with a colonoscopy</li> </ul>
Prostate	<ol style="list-style-type: none"> <li>1. PSA blood test</li> <li>2. Rectal exam</li> </ol>	<ul style="list-style-type: none"> <li>- Recommended that men make an informed decision with a health care provider about whether to get tested</li> <li>- Starting at age 50, men should talk to a health care provider about pros and cons of testing so they can decide if it's right for them</li> <li>- If you are African American, or have a father or brother, who had prostate cancer before age 65, you should have</li> </ul>

		<p>this talk with a health care provider starting at age 45</p> <ul style="list-style-type: none"> <li>- If you decide to get tested, you should get a PSA blood test with or without a rectal exam; how often you're tested will depend on your PSA level</li> </ul>
Cervical	<ol style="list-style-type: none"> <li>1. Primary HPV (human papillomavirus) test</li> <li>2. Pap test</li> <li>3. Co-test (HPV test with a Pap test)</li> </ol>	<ul style="list-style-type: none"> <li>- Screening should start at age 25, people younger than 25 should not be tested because cervical cancer is rare in this age group</li> <li>- People between the ages of 25 and 65 should get a Primary HPV test done every 5 years, if not available, a co-test every 5 years or a Pap test every 3 years are still good options</li> <li>- People over age 65 who have had regular cervical cancer testing in the past 10 years with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be started again. Those with a history of a serious cervical pre-cancer should continue to be tested for at least 25 years after that diagnosis, even if testing goes past age 65</li> <li>- Some individuals, because of health history (HIV infection, organ transplant, DES exposure), may need a different screening schedule for cervical cancer</li> </ul>
Lung	<ol style="list-style-type: none"> <li>1. Low-dose CT (LDCT) scan</li> </ol>	<ul style="list-style-type: none"> <li>- Recommended people ages 50 to 80 get a yearly screening if they smoke or used to smoke, and have at least a 20 pack-year history of smoking</li> <li>- Pack year: equal to smoking one pack (about 20 cigarettes) per day for a year</li> <li>- Before deciding to be screened, people should have a discussion with a healthcare professional about the purpose of screening and how it's done, as well as benefits/ limits/ possible harms of screening</li> <li>- People should not be screened if they have serious health problems that will likely limit how long they will live, or if they won't be able to or won't want to</li> </ul>

		get treatment if lung cancer is found
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