

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	Mammograms Breast ultrasound Breast MRI Biopsy	Recommended for all women age 45-54 to have mammograms every year. Recommended for all women age 55+ to have mammograms minimum every 2 years. MRIs are used in addition to mammograms if they have a family history or other genetic factors pertaining to breast cancer Screenings should continue in good health and expected life to continue over 10 years.
Colon	Colonoscopy Stool-based test Visual exam that looks at the colon and rectum Any test that comes back abnormal should be followed by a colonoscopy	Average risk: screenings should begin at age 45 for all adults If in good health, screenings continue through age 75 Age 76-85 should reconsider if testing is necessary People over 85 should no longer be screened
Prostate	Prostate-Specific Antigen (PSA) blood test with or without a rectal exam	Men make informed decision about being tested for prostate cancer At age 50, decision is being brought up African American men or men with a father or brother who had prostate cancer before 65 should begin the discussion at 45 How often testing occurs depends on PSA level Increased PSA = Increased prostate cancer risk
Cervical	Primary HPV test Pap test Can be done along or at same time, performed during pelvic exam	Begins at age 25 in women Age 25-65 should have a primary HPV test every 5 years >65 who have had normal results should not be tested
Lung	Low-dose CT (LDCT) scan Chest X-ray MRI PET Scan Bone Scan	All people age 50-80 who smoke or used to smoke and have at least a 20 pack-year history of smoking