

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	Mammogram (\pm MRI for high risk)	<p>Recommended for: Women with average risk; high-risk women (family history, genetic predisposition) should consult provider for additional modalities</p> <p>Begin at: Women ages 40–44 (optional)</p> <p>Frequency: Ages 45–54 (annually); Ages 55+: every 2 years or continue yearly; Continue screening while life expectancy \geq 10 years</p>
Colon	Stool-based tests or visual exams (colonoscopy, CT colonography, flexible sigmoidoscopy)	<p>Recommended for: People at average risk</p> <p>Begin at: Age 45</p> <p>Frequency: Continue through age 75; Ages 76–85: individual decision; Over 85: generally, stop screening; Any abnormal non-colonoscopy test should be followed by colonoscopy</p>
Prostate	PSA blood test \pm Digital Rectal Exam (DRE)	<p>Recommended for: Men who make an informed decision with their health care provider after discussion of risks & benefits; (African American, first-degree relative with early prostate cancer) begin earlier (45)</p> <p>Age: Age 50 for average risk; Age 45 for higher-risk men</p> <p>Frequency: Frequency depends on PSA level and risk factors</p>
Cervical	Primary HPV test; or HPV + Pap (co-testing); or Pap alone	<p>Recommended for: Women; People with a cervix</p> <p>Begin at: Age 25</p> <p>Frequency: Ages 25–65: Do not test people <25 (rare incidence); People >65 with normal prior testing (past 10 yrs) \rightarrow stop testing; People with prior serious pre-cancer \rightarrow continue for 25 yrs after diagnosis (even if >65); People whose cervix was removed for non-cancer reasons \rightarrow do not test</p> <p>Frequency: Primary HPV every 5 yrs OR HPV + Pap every 5 yrs OR Pap alone every 3 yrs</p>

Lung	Low-dose CT (LDCT) scan	Recommended for: Adults 50–80 years who currently smoke OR used to smoke AND have a ≥ 20 pack-year smoking history Begin at: Age 50 Frequency: Annually (until age 80 OR if patient develops major health problems or would not pursue treatment)
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* I USED THE AMERICAN CANCER SOCIETY WEBSITE TO FILL IN THIS CHART

<https://www.cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>