

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<p>Mammograms - low dose x-rays that can help find breast cancer.</p> <p>Breast Ultrasound – uses sound waves and their echoes to make computer pictures of the inside the breast.</p> <p>Breast MRI – uses radio waves and strong magnets to make detailed pictures inside the breast.</p>	<p>Women between 40 and 44 have the option to start screening with a mammogram every year.</p> <p>Women 45 to 54 should get mammograms every year.</p> <p>Women 55 and older can switch to a mammogram every other year or continue yearly mammograms.</p>
Colon	<p>Stool-based tests – check for signs of colon or rectal cancer and small amounts of blood.</p> <p>Visual exams – look inside the colon and rectum for any abnormal areas.</p> <p>Blood-based tests</p> <p>Colonoscopies</p> <p>CT colonography</p>	<p>Colorectal cancer screening recommended for everyone beginning at age 45.</p>
Prostate	<p>Prostate-specific antigen (PSA) blood test – protein made by cells in the prostate gland (normal and cancer cells) mostly found in semen, some found in the blood.</p> <p>Digital rectum exam (DRE) – doc inserts gloved finger into the rectum to feel any bumps or hard areas.</p> <p>Prostate biopsies</p>	<p>For those age 50+ it's recommended to discuss prostate cancer screenings.</p>
Cervical	<p>HPV test – looks for pieces of their DNA in cervical cells.</p>	<p>Recommended for people with a cervix beginning at age 25.</p>

	<p>The Pap Test - collect cells from the cervix so they can be looked at in the lab.</p>	
<p>Lung</p>	<p>Chest x-ray: looks for any abnormal areas in the lungs. CT: uses x-rays to make detailed cross-sectional images. More likely to find lung tumors. MRI: detailed images of soft tissues, look for possible spread of lung cancer. PET: combined with a CT, allows doc to compare areas of higher radioactivity.</p>	<p>Begin screening at age 50 annually until age 80 or if patient develops adverse health problems.</p>