

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	<ul style="list-style-type: none"> - Mammograms (x-rays of breast) - MRI's - Clinical Breast exam - Breast self-exam - BRAC1 and BRAC2 gene mutation (genetic testing) 	<ul style="list-style-type: none"> - Women Ages 40-44 if they wish to do so - Women Ages 45-54 every year - Women 55 and older every 2 years or yearly - Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer - Report any breast changes to provider right away
Colon	<ul style="list-style-type: none"> - Highly sensitive fecal immunochemical test (FIT) - Guaiac-based fecal occult blood test (gFOBT) - Multi-targeted stool DNA test with fecal immunochemical testing - Colonoscopy every 10 years - CT colonography every 5 years - Sigmoidoscopy every 5 years 	<ul style="list-style-type: none"> - People at average risk of colorectal cancer start regular screening at age 45 - People in good health should continue screening through age 75 - Ages 76-85 based on personal preference, overall health - Ages over 85 should no longer get colorectal screening - People at average risk if they do not have a person hx of colorectal cancer, a family hx, a personal hx of inflammatory bowel disease
Prostate	<ul style="list-style-type: none"> - Prostate-specific antigen (PSA) blood test - Digital rectal exam (DRE) - IsoPSA test - Prostate Biopsy - MRI - Transrectal ultrasound (TRUS) 	<ul style="list-style-type: none"> - Age 50 for med who are at average risk - Age 45 for men at high risk concerning African American men and med who have a first-degree relative diagnosed with prostate cancer at an early age (younger than 65) - Age 40 for men at even higher risk, those with more than one first degree relative who has prostate cancer younger than 65 - Men who choose to be tested who have a PSA < 2.5 ng/mL may only need to be retested every 2 years - Yearly for men of a PSA >2.5 ng/mL
Cervical		<ul style="list-style-type: none"> - Start screening at age 25 - People under age 25 should not be

	<ul style="list-style-type: none"> - Cervical cancer screening - HPV test every 5 years - Papanicolaou (pap) test every 3 years 	<p>screened due to cervical cancer being rare in this age group</p> <ul style="list-style-type: none"> - People between age of 25-65 should get primary HPV test every 5 years along with pap done every 3 years - People over age 65 who have normal results in the past 10 years should not be tested for cervical cancer. Once tested is stopped it should not be started again - People who cervix has been removed should not be tested - People who have been vaccinated against HPV should still follow screening recommendations per age group
Lung	<ul style="list-style-type: none"> - Low-dose CT (LDCT) scan <p>(American Cancer Society did not give me any screening tests other than this one. I would think that there has to be more tests, leading that lung cancer is the most common cause of death from cancer, maybe a lung biopsy also)</p>	<ul style="list-style-type: none"> - People ages 50-80 should be screened yearly if they smoke, or used to smoke, and have at least a 20 pack-year hx of smoking