

Cancer Screening Recommendations

Cancer	Screening Test (s)	Recommended for whom, what age, how often?
Breast	Mammography Breast ultrasound Breast MRI Clinical breast exam	Start mammograms 40 yrs old Ages 45-54 mammogram every year Age 55 and up every two years women
Colon	Colonoscopy fecal occult blood test- stool test detecting small amount of blood in stool fecal immunochemical test virtual colonoscopy stool DNA test	Average risk- individuals aged 45-75 Every year for fecal immunochemical test Colonoscopy every 10 years High risk- individuals aged 40 testing more frequently
Prostate	Prostate-specific antigen Digital rectal examination	Average risk- age 50 every two years Higher risk-age 45 every 6 – 12 months Very high risk around 40 more frequent screenings For men
Cervical	Pap test-exams cells from cervix under microscope HPV-detects presence of high risk HPV strains causing cervical cancer Co-testing-combination for better results	Women 25-65 Women 21-29 every three years Women 25-65 every five years Women 30-65 - pap test every 3 years High risk HPV test every 5 yrs Co-test HPC and Pap test together every 5 years

Lung	Low dose computed tomography- low dose of radiation creating accurate pictures of lungs	Women and men aged 50-80yrs will smoking history every year
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