

# Cancer Screening Guidelines for Women

Cancer screenings are tests that help detect cancer. Getting the recommended screenings increases the chances of a cancer being detected early, when it is most curable. Refer to this information and talk to your doctor.



## Breast

- Talk to your doctor to determine your risk and develop a screening plan. Some women at higher risk need to start screening before age 40.
- Women at higher than average risk need annual mammograms and possibly other imaging, such as ultrasound or breast MRI.
- All women should have annual mammography, beginning at 40 and continue as long as a woman is in good health.

## Cervical

- Your health history (HIV infection, organ transplant, DES exposure, etc.) will affect your risk and screening needs. Talk to your doctor about your history.
- Starting at age 25, all women should have a primary HPV test or co-test every five years, or Pap test every three years.
- Women over 65 who have had regular cervical cancer testing in the past 10 years with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be started again.
- Women with history of serious cervical pre-cancer should continue to be tested for at least 25 years after that diagnosis, even if testing goes past 65.

## Colon And Rectal

- Consult your provider if you have family history or other risk factors.
- Start screening at age 45. Talk with your doctor to schedule.
- Continue regular screening through 75.
- Over 75, talk with your doctor about whether screening is right for you.

## Endometrial

- At menopause, all women should be told the risks and symptoms of endometrial cancer. Report any unexpected vaginal bleeding or spotting to your doctor.
- Your health history may indicate you need to consider an annual endometrial biopsy. Talk to your doctor about your history.

## Lung

- If you are age 50 or older, a current or former smoker in good health with at least a 20-pack year smoking history, you may qualify for a low dose lung cancer CT screening. Talk to your doctor.

*Note: A 20-pack year is one pack per day for 20 years or two packs a day for 10 years.*

## Skin

- There are no screening tests for skin cancer.
- Conduct a thorough self-exam monthly of all skin, including under your nails and hair, and report any concerns to your doctor.
- Look in particular for new spots, bleeding sores that won't heal, rough or scaly red patches, wart-like growths, new moles or moles that change size, shape, color or have irregular shape.



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# Cancer Screening Guidelines for Men

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## Colon and Rectal

- Consult your provider if you have a family history or other risk factors.
- Start screening at age 45. Talk with your doctor to schedule.
- Continue regular screening through 75.
- Over 75, talk with your doctor about whether screening is right for you.

## Lung

- If you are age 50 or older, a current or former smoker in good health with at least a 20-pack year smoking history, you may qualify for a low dose lung cancer CT screening. Talk to your doctor.

*NOTE: A 20-pack year is one pack per day for 20 years or two packs a day for 10 years.*

## Prostate

- If you have family history of prostate cancer, talk to your doctor about screening at age 45.
- Starting at 50, talk to your doctor about pros and cons of testing and decide if testing is right for you.

## Skin

- There are no screening tests for cancer.
- Conduct a thorough self-exam monthly of all skin, including under your nails and hair, and report any concerns to your doctor.
- Look in particular for new spots, bleeding sores that won't heal, rough or scaly red patches, wart-like growths, new moles or moles that change size, shape, color or have irregular shape.