

CANCER SCREENING GUIDELINES

Men and women of all ages should make healthy lifestyle choices to reduce the risk of developing cancer and other serious diseases. These choices include eating right, being active, maintaining a healthy weight, staying away from tobacco, and limiting alcohol consumption.

Screening tests are also an important part of a healthy lifestyle and provide the best chance of detecting cancer as early as possible. The American Cancer Society recommends the following screening guidelines by age.

IN YOUR 20s AND 30s

- ✓ **Breast** – Women at higher risk for breast cancer because of family history, genetic disorders, or other factors, should talk to a healthcare provider about when to start getting mammograms or other screening tests.
- ✓ **Cervical** – Starting at age 21, women should have a Pap test done every three years. Starting at age 30, women at risk should have a Pap test and HPV test done every five years or continue to have a Pap test every three years.
- ✓ **Colon** – All people at higher risk for colon cancer because of family history, genetic disorders, or other factors, should talk to a healthcare provider about when to start testing.

IN YOUR 40s

- ✓ **Breast** – Women ages 40 to 44 should talk to a healthcare provider about the pros and cons of having an annual breast cancer screening with mammograms. Starting at age 45, women should get mammograms every year.
- ✓ **Cervical** – Starting at age 40, women should have a Pap test and HPV test done every five years or continue to have a Pap test every three years.
- ✓ **Colon** – Starting at age 45, all people at average risk for colon cancer should start testing.
- ✓ **Prostate** – Starting at age 45, men with a higher-than-average risk of prostate cancer should talk with a doctor about testing. This includes African-American men and men with a close family member who had prostate cancer before age 65. Men with more than one close relative who had prostate cancer before age 65 should talk to a healthcare provider about starting testing at age 40.

IN YOUR 50s

- ✓ **Breast** – Women ages 50 to 54 should get mammograms every year. Starting at age 55, women should switch to getting mammograms every two years or continue to get one every year.
- ✓ **Cervical** – Women should have a Pap test and HPV test done every five years or continue to have a Pap test every three years.
- ✓ **Colon** – If they have not already, all people at average risk for colon cancer should start testing.
- ✓ **Lung** – All people ages 55 or older, should talk to a healthcare provider about their smoking history and whether they should get yearly low-dose CT scans to screen for early lung cancer.
- ✓ **Prostate** – Starting at age 50, all men at average risk should talk with a healthcare provider about testing.

65 OR OLDER

- ✓ **Breast** – A mammogram is recommended for women every two years, or they can choose to get one every year.
- ✓ **Cervical** – No testing is needed for women who have had regular cervical cancer testing with normal results during the previous 10 years.
- ✓ **Colon** – Testing is recommended up to age 75. People aged 76 to 85 should talk with their healthcare provider about whether continuing screening is right for them. Most people older than 85 should no longer be screened.
- ✓ **Lung** – All people should talk to a healthcare provider about their smoking history and whether they should get yearly low-dose CT scans to screen for early lung cancer.
- ✓ **Prostate** – Overall health status, and not age alone, is important for men making decisions about prostate cancer testing at this age. Those interested in testing should talk with a healthcare provider.