



CANCER SCREENINGS

Breast Cancer

Breast Self-Awareness: You should know how your breasts normally look and feel and report any breast change to your healthcare provider.

Age to begin: In your 20s

Clinical Breast Exam (CBE): About every 3 years

Age to begin: Your 20s & 30s. Every year for people 40+

Mammograms: Continue for as long as in good health. If mammogram indicates dense breasts, a breast ultrasound is strongly recommended.

Age to begin: 40, yearly.

MRI: Some people because of their family history, a genetic tendency, or certain other factors - should be screened with MRI in addition to mammograms.

Talk with your doctor about your history and whether you should have additional tests at an earlier age.

Cervical Cancer

Pap Smear: You should have a Pap test every 3 years.

Age to begin: In your 20s

Pap Smear and HPV test: This is called "co-testing" and is the preferred method every 5 years.

Age to begin: 30-65

- Screening is not recommended for people who are over 65 who have had regular cervical cancer testing with normal results
- People with a history of a serious cervical pre-cancer should continue to be tested, even after the age of 65 for at least 20 years after diagnosis based upon clinical recommendation

Talk with your doctor about your history (HIV, organ transplant, etc.) and whether you should have a different screening schedule

Lung Cancer

Low Dose CT Scan: Those who are at high risk of lung cancer due to smoking (20 pack year history and currently smoke or quit within the past 15 years with no lung cancer history).

Age to begin: 50-80

- Insurance may cover screenings if you are as young as 50 and a former/current smoker with 20 pack year history plus additional risk factors including history of lung disease, cancer or exposure such as asbestos, silica, sand blasting, 911 exposure or family history of lung cancer.

The American Cancer Society does not recommend screening for lung cancer for people who are at average risk of this disease.

Oral Cancer

Oral Cancer Screening: Recommended for everyone, especially those who have a history of tobacco and alcohol use. Includes a visual inspection of the face, neck, lips, labial mucosa, buccal mucosa, gingiva, floor of the mouth, tongue, and palate.

Age to begin: 18 years or older



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Colon/Rectal Cancer

Colonoscopy: Every 10 years
Age to begin: 45

Colonoscopy is the preferred screening method. Alternatives for those who are not eligible or unwilling include:

FIT (Fecal Immunochemical Test for blood): Annually

Flexible sigmoidoscopy: Every 5 years

CT colonography (virtual colonoscopy): Every 5 Years

Multitarget stool DNA: Every 3 years

Colon capsule: Every 5 years

If these tests are positive, a colonoscopy should be done.

Some people should be screened using a different schedule based on their personal/family history. Talk with your doctor about your history and what colorectal cancer screening schedule is best for you.

Prostate Cancer

DRE (Digital Rectal Exam)
PSA (Prostate Specific Antigen) Blood Test

Age to begin: 50, begin to talk to doctor about testing.

If African American or have a brother or father who had prostate cancer before age 65, begin talking with your doctor before age 50.

Skin Cancer

- An annual exam by your doctor or checking your own skin once a month can help find cancers early, when they are easier to treat.

Regular skin exams are especially important for those who are at higher risk such as people with reduced immunity, people who have had skin cancer before, those with a family history of skin cancer or extensive exposure to the sun. Talk to your doctor about how often you should have your skin examined.

Cancer related check ups: For people 20 or older having periodic health exams, a cancer-related check-up should include health counseling and depending on a person's age and gender, exams for cancers of thyroid, oral cavity, skin, lymph nodes, testes, and ovaries, as well as some non-malignant (non-cancerous) disease.

HPV Vaccine: The connection between HPV and six different cancers (cervical, vulvar, vaginal, penile, anal, and head and neck) has been established. Screening is only available for cervical cancer. HPV-related cancer can be prevented with vaccination. HPV vaccination is for everyone. A 2-dose schedule is recommended for those who initiate the vaccination series at ages 9-14 years. Three doses are recommended for those who initiate the vaccination series at ages 15-26 years and for those with a compromised immune system.

The HPV Vaccine may be beneficial for people ages 27-45, please discuss with your doctor.

For more information or to schedule an appointment call:



(631) 444-4000