

# CANCER SCREENINGS: WHAT TO KNOW

**1 in 3 people will develop cancer in their lifetime.**

Early detection of cancer greatly increases the chances for successful treatment and survival.

## WHAT IS CANCER SCREENING?

- Tests that look for early signs of cancer in people without symptoms.
- Identify cancers at an early stage, when treatment is more likely to be successful.
- The CDC supports cancer screening as recommended by the US Preventive Services Task Force (USPSTF).

## WHY SHOULD I SCREEN?

- Has more benefits than harm
- Finds cancer early even before symptoms appear
- When found earlier, it may be easier to treat or cure
- Reduces chances of dying from cancer
- Reduces the proportion of patients who are diagnosed at a late stage

## KNOW YOUR RISKS

Risks differ from cancer to cancer, however the following are universal risks of all cancers.



**Age**



**Diet**



**Environmental Factors**



**Smoking**



**Obesity**



**Chronic diseases and other conditions**

## ASK YOUR PRIMARY CARE PHYSICIAN

- What cancer screening tests are recommended for someone my age? How often are the tests?
- Do I need to see any specialists to get my screening tests done, or can you order all of them?
- What are the risks and benefits of getting screened now compared to putting it off until later, given my personal and family history, risk factors?
- How does the screening process work? What should I expect during the test?
- When will I get the results of my screening test and who will give me the results?
- What happens if my results show possible signs of cancer?
- Will my screening tests be covered by my health insurance? What will the screening tests cost if they are not covered by insurance?
- Are there screening tests that I can do at home?
- What are all of my screening options?

# CANCER SCREENINGS BY AGE

## 20 - 29 Years

- Women should get screened for **cervical cancer** every 3 years. A Human papillomavirus (HPV) Test and Pap test are the recommended tests for cervical cancer.

## 30 - 39 Years

- Women should continue routine screenings for **cervical cancer**. Pap Test every 3 years OR HPV Test every 5 years, OR get both a Pap Test and an HPV Test (co-testing) every 5 years.

## 40 - 49 Years

- All women at average risk for **breast cancer** should get screened (mammogram) every 2 years from 40-74. Women should also do their monthly breast self-exams.
- Women should continue routine screenings for **cervical cancer**.
- Men are at highest risk and should get tested for **prostate cancer**. Prostate-Specific Antigen (PSA) Test and a Digital Rectal Exam (DRE) are recommended for detecting prostate cancer.
- Men and women should start regular screening for **colorectal cancer**. Get a colonoscopy every 10 years if you are at average risk. A colonoscopy is the primary test to detect colorectal cancer, however there are several screening tests (i.e., colonoscopy, sigmoidoscopy, and stool tests-fecal occult blood tests and fecal immunochemical tests that can also be used). Talk to your primary care provider to discuss which test is best for you.

## 50 - 59 Years

- Men and women should get a low-dose (CT scan) if you are a current or previous smoker and have smoked 1 pack/day for 20 years, 2 packs/day for 10 years, etc. or are a current smoker or quit within the last 15 years. A low-dose helical computed tomography, a type of CT scan is the recommended test for **lung cancer**.
- Women should continue routine screenings for breast cancer and **cervical cancer**.
- Men at average risk should get tested for **prostate cancer** annually, especially if African American and have an increased risk due to family history.
- Men and women should continue routine screenings for **colorectal cancer**.

# CANCER SCREENINGS BY AGE

## 60 - 69 Years

- Women should continue routine screenings for **breast cancer**.
- Women should continue routine screening for **cervical cancer** up to age 65.
- Men should continue testing for **prostate cancer** if at increased risk.
- Men and women should continue routine screenings for **colorectal cancer**.
- Men and women should inquire about **lung cancer** screening with your doctor if you are a current or previous smoker and have smoked 1 pack/day for 20 years, 2 packs/day for 10 years, etc.

## 70 - 79 Years

- Women should continue routine screening for **breast cancer** up to age 74.
- Men and women should continue routine screening for **colorectal cancer** up to age 75. Screening for men and women from 75-79 is based on individual factors. Consult with your PCP.
- Men and women 70-79 years should inquire about **lung cancer** screening with your doctor if you are a current or previous smoker and have smoked 1 pack/day for 20 years, 2 packs/day for 10 years, etc.

## 80 - 89 Years

- Testing frequency depends on individual factors. Consult with your PCP.