

CANCER SCREENING GUIDELINES

Breast Cancer

Women 40 and older should have a clinical exam and mammogram every year.

Men and women at average risk of colorectal cancer should get a screening colonoscopy every 10 years beginning at age 50. African American men and women should begin regular screening colonoscopies at age 45.

If you choose stool-based tests, like the FIT test, over colonoscopy, MD Anderson at Cooper recommends you get tested every year beginning at age 50. African American men and women should begin screening at age 45.

Colorectal Cancer

Cervical Cancer

Age 21 to 29

Pap test every three years

Age 30 to 64

Pap test and human papillomavirus (HPV) test every five years, or a Pap test every three years.

Age 65 or older

You may not need additional exams if you've had no unusual Pap or HPV test results in the past 10 years. Discuss this with your doctor.

Prostate Cancer

MD Anderson strongly recommends that men talk to their doctor about the risks and benefits of prostate screening. The prostate cancer screening recommendations below apply to most men.

Age 45

- Discuss screening risks and benefits with a health care provider.
- If you choose to be screened, get a prostate-specific antigen (PSA) blood test.
- Strongly consider digital rectal exam, if you choose to be screened.
- Continue testing as indicated by your previous test results.

Age 75 or older

Your doctor can help you decide if you should continue screening for prostate cancer. MD Anderson doesn't recommend cancer screening for men age 85 or older.

For those at increased risk

If you have a family history of prostate cancer, and/or if you are African American, you may be at increased risk. Starting at age 40 you should discuss screening risks and benefits with your health care provider and you should have a prostate-specific antigen (PSA) blood test and digital rectal exam.

Lung Cancer

People who are eligible for lung cancer screening:

- Are 55-77 years of age
- Are current smokers, or former smokers who have quit within the past 15 years
- Have a smoking history of 30 packs/year or greater. A pack-year is equal to one pack of cigarettes a day for 30 years or two packs a day for 15 years.