Take this checklist to your next doctor appointment. Your doctor can help you develop a more tailored screening plan or other options if needed.

**AGES 20-29**
- Consider **clinical breast exam** every one to three years to check for breast cancer.
- **Pap test** every three years to check for cervical cancer, starting at age 21.

**AGES 30-39**
- Consider **clinical breast exam** every one to three years to check for breast cancer.
- **Pap test and HPV test** every five years to check for cervical cancer and HPV.

**AGES 40-49**
- **Mammogram and clinical breast exam** every year to check for breast cancer.
- **Pap test and HPV test** every five years to check for cervical cancer and HPV.

**AGES 50 AND OLDER**
- **Mammogram and clinical breast exam** every year to check for breast cancer.
- **Pap test and HPV tests** every five years to check for cervical cancer and HPV. MD Anderson doesn’t recommend screening after age 65.
- **Colonoscopy** every 10 years (or on the schedule recommended by your physician), or **FIT test** every year to check for colorectal cancer.
- **Lung Cancer Screening** if you:
  - Are 55 to 74 years old.
  - Are a smoker or a person who quit smoking less than 15 years ago.
  - Have a smoking history of 30 pack years. (30 pack years is equal to smoking one pack of cigarettes every day for 30 years, or two packs per day for 15 years.)

Regardless of Your Age

**Practice Awareness**

This means you should be familiar with your body so that you will notice changes. Report them to your doctor without delay.

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**To schedule your screening appointment:**

- **Mammogram call:** 888.499.8779
- **Colonoscopy call:** 856.642.2133
- **Lung Cancer Screening call:** 856.735.6235

Free cancer screening services are available for uninsured men and women. Call: 856.533.0604

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**Schedule your screening exam at a location near you.**

MD Anderson Cancer Center

Making Cancer History

MDAndersonCooper.org
1.855.MDA.COOPER (1.855.632.2667)
**Take this checklist to your next doctor appointment.** Your doctor can help you develop a more tailored screening plan or other options if needed.

### AGES 40-49

- Beginning at age 40, you should **speak with your health care provider** about the benefits and limitations of prostate screening.

### AGES 50 AND OLDER

- If you choose prostate cancer screening, you should get a **digital rectal exam and PSA test** every year to check for prostate cancer.

- **Colonoscopy** every 10 years (or on the schedule recommended by your physician), or **FIT test** every year to check for colorectal cancer.

- **Lung Cancer Screening** if you:
  - Are 55 to 74 years old.
  - Are a smoker or a person who quit smoking less than 15 years ago.
  - Have a smoking history of 30 pack years. (30 pack years is equal to smoking one pack of cigarettes every day for 30 years, or two packs per day for 15 years.)

**Regardless of Your Age**

**Practice Awareness**

This means you should be familiar with your body so that you will notice changes. Report them to your doctor without delay.

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**To schedule your screening appointment:**

- Colonoscopy call: **856.642.2133**
- Lung Cancer Screening call: **856.735.6235**

**Free cancer screening services** are available for uninsured men and women. Call: **856.533.0604**

**Schedule your screening exam at a location near you.**