

CANCER SCREENING

Breast Cancer

AGE **20+**

MONTHLY

Women should be familiar with their breasts and promptly report any changes to a healthcare provider.

AGE **20-40**

EVERY 3 YEARS

Breast exam by your physician or practitioner

AGE **40+**

CONSULT MD ANNUALLY

Mammogram and breast exam by your physician or practitioner

Calculate your breast cancer risk by visiting: Cancer.gov/bcrisktool

Women should talk with their physicians regularly starting as early as age 25 about their individualized risk for breast cancer, as higher risk women may benefit from genetic counseling or early screening.

Cervical Cancer

AGE **21-29**

EVERY 3 YEARS

Pap test

AGE **30-65**

EVERY 5 YEARS

Pap test and HPV test

AGE **65+**

STOP TESTING

Women with normal history should stop testing*

*Women with an abnormal diagnosis should be tested for 20 years following the result, even if testing continues past age 65. A woman whose uterus and cervix have been removed for non-cervical cancer reasons, and who has no history of cervical or pre-cervical cancer, should not be tested.

Colorectal Cancer

AGE **45+**

EVIDENCE-BASED OPTIONS MAY INCLUDE COLONOSCOPY AT 10-YEAR INTERVALS OR A FECAL IMMUNOHISTOCHEMISTRY TEST (FIT) ANNUALLY

*Consult your physician to determine the right screening test for you.

Lung Cancer

AGE **50-80***

(*Must be 50-77 for Medicare)

LOW-DOSE CT SCAN EVERY YEAR

Those who have at least a **20 pack-year** smoking history and are current smokers or have quit within the past **15** years.



Skin Cancer

AGE **20+**

REGULAR FULL BODY SKIN SELF-EXAMS AND SKIN EXAMS BY YOUR DOCTOR

*Those at high risk for skin cancer include those with reduced immunity, personal history of skin cancer and a strong family history of skin cancer.

Have cancer questions?



Knowledge is power – if you have cancer questions – we can help.
(972) 202-8877

Live Chat at asksarahnow.com