

Cancer Screening Guidelines

American Cancer Society Recommendations for the Early Detection of Cancer in Average Risk, Asymptomatic People				
<u>Cancer</u>	<u>M/F</u>	<u>Age</u>	<u>Test or Procedure</u>	<u>Frequency</u>
Breast	F	20+	Breast Self-Exam	Every Month
		20-39	Clinical Breast Exam	Every 3 Years
		40+	Clinical Breast Exam	Every Year
		40+	Mammogram	Every Year
Cervix	F	21+*	Pap Test	Every Year
		30+**	Pap Test	Every 2-3 Years
Colon & Rectum	M & F	50+	Colonoscopy	Every 10 Years
			<i>Or</i>	
			FOBT & Flexible Sigmoidoscopy	Every 5 Years
			<i>Or</i>	
			Double Contrast Barium Enema	Every 5 Years
			<i>Or</i>	
			FOBT	Every Year
Prostate	M	50+	Digital Rectal Exam	Every Year
			Prostate Specific Antigen Blood Test	Every Year
Cancer Related Checkup	M & F	20-39	Exam of thyroid, testicles, ovaries, lymph nodes, oral cavity, skin & health counseling	Every 3 Years
		40+	Exam of thyroid, testicles, ovaries, lymph nodes, oral cavity, skin & health counseling	Every Year

*Screening should begin approximately three years after vaginal intercourse, but no later than 21 years of age.

**At the age of 30, women who have had three normal test results in a row may get screened every 2-3 years.