

Cancer Screening Schedules

Breast Cancer

Screening	Age	Recommendations
Breast Self-Exam (BSE)	20 and older	Monthly
Clinical Breast Exam (CBE)	20 – 39	Every 3 years, as part of a periodic health exam
Clinical Breast Exam (CBE)	40 and older	Every year, as part of a periodic health exam
Mammogram	40 and older	Every year

Colon and Rectal Cancer – Follow 1 of these 5 schedules

Screening	Age	Recommendations
Fecal occult blood test (FOBT) OR Fecal immunochemical test (FIT)	50 and older	Every year
Flexible sigmoidoscopy	50 and older	Every 5 years
FOBT or FIT AND Flexible sigmoidoscopy	50 and older	Every year (for FOBT/FIT) And Every 5 years (for sigmoidoscopy)
Double-contrast barium enema	50 and older	Every 5 years
Colonoscopy	50 and older	Every 10 years

Endometrial (Uterine) Cancer

Screening	Age	Recommendations
	Menopause	Report any unexpected bleeding or spotting to the healthcare provider
Endometrial cancer screening with endometrial biopsy	35 and older (for women with or at high risk for non-polyposis colon cancer)	Every year

Cervical Cancer

Screening	Age	Recommendations
Pap test	3 years after first intercourse OR By age 21 (whichever comes first)	Every year with the regular Pap test OR Every 2 years with liquid-based Pap test
Pap test	30 and older	After 3 or more normal Pap results in a row, screening can be done every 2 – 3 years; an alternative is a Pap test plus HPV DNA testing every 3 years
Pap Test	70 and older	After 3 or more normal Pap results in a row, and no abnormal Pap results in the last 10 years, women can stop getting Pap tests

Prostate Cancer

Screening	Age	Recommendations
Prostate-specific antigen (PSA) blood test AND Digital rectal examination (DRE)	50 and older (average risk)	Every year, to men who have at least a 10-year life expectancy
Prostate-specific antigen (PSA) blood test AND Digital rectal examination (DRE)	45 and older (high risk – African-American men and men with one or more first-degree relatives diagnosed before age 65)	Every year, to men who have at least a 10-year life expectancy
Prostate-specific antigen (PSA) blood test AND Digital rectal examination (DRE)	40 and older (highest risk – men with multiple first-degree relatives affected at an early age)	Every year, to men who have at least a 10-year life expectancy

Adapted from the American Cancer Society Guidelines for the Early Detection of Cancer
http://www.cancer.org/docroot/ped/content/ped_2_3x_acs_cancer_detection_guidelines_36.asp