



EMORY

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A Cancer Center Designated by
the National Cancer Institute

American Cancer Society Screening & Early Detection Guidelines

The American Cancer Society recommends these screening guidelines for most adults. Because of their family history or certain other factors, some people may need to be screened more often or using different methods. Talk with your doctor about your history and what screening methods are best for you. More info can be found at www.cancer.org

Breast cancer

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health
- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over
- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.

Colorectal cancer and polyps

Beginning at age 50, both men and women should follow one of these testing schedules:

Tests that find polyps and cancer:

- Flexible sigmoidoscopy every 5 years*, or
- Colonoscopy every 10 years, or
- Double-contrast barium enema every 5 years*, or
- CT colonography (virtual colonoscopy) every 5 years*

Tests that primarily find cancer:

- Yearly fecal occult blood test (gFOBT)*, or
- Yearly fecal immunochemical test (FIT) every year*

* If the test is positive, a colonoscopy should be done.

Skin cancer

The ACS recommends avoiding long term exposure to direct sun, especially during UV light's peak hours of 10AM-4PM. During sun exposure, the ACS recommends wearing



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clothing, hats, and “broad-spectrum” sunscreen (look for the ingredients avobenzone, ecamsule, zinc oxide or titanium dioxide). Skin checks should be a part of annual checkups.

Cervical cancer

- **Cervical cancer screening (testing) should begin at age 21.** Women under age 21 should *not* be tested.
- **Women between ages 21 and 29** should have a Pap test every 3 years. Now there is also a test called the HPV test. HPV testing should *not* be used in this age group unless it is needed after an abnormal Pap test result.
- **Women between the ages of 30 and 65** should have a Pap test plus an HPV test (called “co-testing”) every 5 years. This is the preferred approach, but it is also OK to have a Pap test alone every 3 years.
- **Women over age 65** who have had regular cervical cancer testing with normal results should *not* be tested for cervical cancer. Once testing is stopped, it should not be started again. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after that diagnosis, regardless of age.
- **Women been vaccinated against HPV** should still follow the screening guidelines.

Prostate cancer

The ACS recommends that men make an informed decision with their doctor about whether to be tested for prostate cancer. The ACS believes that men should not be tested without learning about what we know and don't know about the risks and possible benefits of testing and treatment. Starting at age 50, men should talk to a doctor about the pros and cons of testing so they can decide if testing is the right choice for them. African American men or those with a family history of prostate cancer should have this talk with a doctor starting at age 45.

Take control of your health, and reduce your cancer risk.

Remember that simple strategies like avoiding tobacco, maintaining a healthy diet and staying physically active can help reduce your cancer risk.