American Cancer Society Guidelines for the Early Detection of Cancer

The following screening tests are used to find cancer before symptoms are present

LUNG CANCER
Screening not recommended for people at average risk.
Guidelines for smokers:
• 55 to 74 years of age
• In good health
• Have at least a 30 “pack year” smoking history* AND are either still smoking or have quit within the last 15 years

* Pack Year: the number of cigarette packs smoked each day multiplied by the number of years smoking (example: 1 pack per day x 30 years = 30 pack-year history)

COLON, RECTAL, AND POLYPS
Starting at age 50, men and women should follow a testing plan recommended by their physician. Tests that detect both early cancer and polyps are recommended.

BREAST CANCER
• Women ages 40-44: may choose annual breast cancer screening with mammograms
• Age 45-54: annual mammograms
• Age 55 and older: mammograms every 2 years, or continue yearly screening
• Report any breast changes to a health care provider right away

CERVICAL CANCER
• Testing should start at age 21
• Age 21-29: Pap test every 3 years. HPV testing needed only after an abnormal Pap test result
• Age 30-65: Pap test plus an HPV test every 5 years
• Women over 65 with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after diagnosis, even past age 65
• After HPV vaccination: follow the screening recommendations for your age group
• No testing after a total hysterectomy (if performed for reasons not related to cervical cancer, or no history of cervical cancer or serious pre-cancer)

ENDOMETRIAL (UTERINE) CANCER
At the time of menopause, women should report any unexpected vaginal bleeding or spotting to their doctors. Depending on medical history, some women may consider having an annual endometrial biopsy.

PROSTATE CANCER
Starting at age 50, men should talk to a health care provider about testing. African American men who have a father or brother diagnosed with prostate cancer before age 65 should discuss the issue with their health care provider starting at age 45.

For more information, see complete details American Cancer Society Screening Guidelines by visiting cancer.org.