

## SCREENING GUIDELINES

*Routine screening reduces the risk of having breast, cervical, or colorectal cancer.*

### Screening Tests for Breast Cancer:

- ◆ Clinical breast exam for women younger than 40
- ◆ Two main guidelines for mammograms:
  - ◇ Every year from age 40 (according to American Cancer Society)
  - ◇ Or every two years from age 50 (according to U.S. Preventive Services Task Force)

### Screening Tests for Cervical Cancer:

- ◆ Pap test from age 21
- ◆ Pap test and test for HPV from age 30
- ◆ HPV vaccine (a 3-part vaccine recommended to prevent cervical cancer)
  - ◇ 11 and 12-year old girls and boys
  - ◇ Or 13 through 26-year old females and males who did not have any or all of their HPV shots

### Screening Tests for Colorectal Cancer:

- ◆ Colonoscopy every 7-10 years starting at age 50 (younger if family/personal history of polyps or colorectal cancer) - **"GOLD STANDARD Test"**
- ◆ Or flexible sigmoidoscopy every 5 years
- ◆ Or barium-contrast enema every 5 years
- ◆ Or an annual test to detect blood in the feces (such as FOBT or FIT)
- ◆ Or combinations of the above tests

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