

# Cancer Screening Guidelines

Age:	20-29	30-39	40-44	45-49	50-54	55-64	65+	
<b>Breast Cancer</b>	Monthly self-exam, see doctor right away if a lump is found; part of general physical exam by doctor							
				Mammograms yearly				
<b>Cervical Cancer</b>	Pap Test every 3 years	Pap Test and HPV Test every 5 years (recommended) or Pap Test every 3 years						
<b>Colorectal Cancer</b>					Fecal test (iFOBT or FIT) yearly Colonoscopy every 10 years			
<b>Lung Cancer</b>					30 pack year smoking history, current smoker or quit less than 15 years ago			
<b>Prostate Cancer</b>				African American discuss with doctor	All men discuss with doctor			
<b>Skin Cancer</b>	Monthly self-exam; part of general physical exam by doctor							
<b>Testicular Cancer</b>	Monthly self-exam, see doctor right away if a lump is found; part of general physical exam by doctor							

Cancer screening can detect cancer earlier, when it is easier to treat.