



# Cancer Screening Guidelines

*Early detection can save lives*

*The American Cancer Society recommends the following guidelines for the early detection of certain cancers.*

## Colon Cancer

**Age 21:** Testing may be recommended if you have a higher than average risk for colon cancer.

**Age 50:** All men and women should begin regular screenings.

## Lung Cancer

**Age 55:** If you are a current or former smoker, talk to your doctor to discuss the option of starting yearly low-dose CT scans.

## Prostate Cancer (men only)

**Age 40:** You may need to begin screenings if you have a higher than average risk for prostate cancer.

**Age 50:** All men should talk to their doctor about their screening options.

## Breast Cancer (women only)

**Age 21:** Begin breast self-exams and talk to your doctor about screening options if you have a higher than average risk for the disease.

**Age 45:** All women should begin getting annual mammograms; some may choose to start at 40.

**Age 55:** Some women may choose to have mammograms every two years instead.

## Cervical Cancer (women only)

**Age 21:** Women should have a PAP test every three years.

**Age 30:** Women should have a PAP and HPV test every five years, or can choose to continue just the PAP test every three years.

**Age 65:** No testing is needed if you've had normal screening results for the past 10 years.



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# Early Detection of Other Cancers

While there are no official screening guidelines for the following cancers, these tips can help with early detection.

**Skin Cancer and Melanoma** - Be familiar with your own skin and look for changes in moles, freckles and blemishes. Have your doctor check your skin as part of your annual exam, especially if you have a higher risk for skin cancer.

**Bladder Cancer** - Early signs of bladder cancer often include blood in the urine, pain, and changes in bladder habits. Many times these symptoms are due to less serious causes, but it's a good idea to be checked by a doctor.

**Oral Cancers** - Self-exams of your mouth and regular dental screenings, especially for smokers or heavy drinkers, can help detect white patches, sores or lumps which could be signs of cancer.

**Testicular Cancer (men only)** - Some doctors recommend that men do monthly self-exams of the testicles to look for lumps or changes in size. Most doctors also recommend that a testicular exam be included in routine checkups.

**Kidney and Liver Cancer** - Talk to your doctor to see if you have a higher than average risk for these diseases, in which case certain screening tests may be recommended.

**Atención:** Si hablas español, servicios de asistencia con el idioma, de forma gratuita, están disponibles para usted. Por favor llame al 1-251-625-6896 para más información.

注意：如果你會說中國話，語言援助服務，免費的是可供您使用。請有關詳細資訊致電 1-251-625-6896。



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