



The Power to Change a Life

American Cancer Society Screening Guidelines



MEN

20 Years of Age to 44:

- Every three years:
 - Examination for cancer of the thyroid, oral cavity, skin, lymph nodes, and testes

45 Years of Age to 49 (the above, plus):

- Every Year:
 - Prostate-Specific Antigen (PSA) and Digital Rectal Examination (DRE) should be offered to men at high risk for prostate cancer (African American men and men with a father, brother, or son with prostate cancer at a young age)

50 Years of Age and older (all of the above, plus):

- ONE of the following testing schedules:
 - Yearly fecal occult blood test (FOBT)* OR
 - Flexible sigmoidoscopy every 5 years** OR
 - Yearly fecal occult blood test plus flexible sigmoidoscopy every 5 years*** OR
 - Double-contrast barium enema every 5 years OR
 - Colonoscopy every 10 years**

WOMEN

20 Years of Age to 35:

- Every 3 years:
 - Examination for cancer of the thyroid, oral cavity, skin, lymph nodes, and ovaries
 - Breast clinical physical examination [Any breast changes should be reported to the physician without delay. BSE (breast self-exam) is an option.]
- ONE of the following:****, *****
 - Yearly regular Pap test
 - Every other year liquid Pap test (After 3 normal tests in a row, either test every 2 to 3 years unless high risk; at 70 years of age and older, those who also have had no abnormal Pap tests in the last 10 years may choose to stop)

35 Years of Age to 39 (all of the above, plus):

- Every Year:
 - If at high risk for hereditary nonpolyposis colon cancer (HNPCC), yearly screening offered for endometrial cancer with endometrial biopsy

40 Years of Age to 49 (all of the above, plus):

- Every Year:
 - Mammogram and continue as long as the woman is in good health

50 Years of Age and older (all of the above, plus):

- ONE of the following testing schedules:
 - Yearly fecal occult blood test (FOBT)* OR
 - Flexible sigmoidoscopy every 5 years** OR
 - Yearly fecal occult blood test plus flexible sigmoidoscopy every 5 years*** OR
 - Double-contrast barium enema every 5 years OR
 - Colonoscopy every 10 years**

NOTES:

Health counseling for tobacco use, physical activity and nutrition should be part of every check-up.

* For FOBT, the take-home multiple sample method should be used. ** A digital rectal examination should be done at the same time as sigmoidoscopy or colonoscopy.

*** FOBT plus flexible sigmoidoscopy is preferred over either test alone. **** Start approximately three years after beginning vaginal intercourse, but no later than 21 years of age.

***** Women who have had a total hysterectomy (removal of the uterus and cervix) may also choose to stop Pap testing unless the surgery was for a cervical cancer or precancer.

For more details on age and gender-appropriate screening guidelines, call 1.800.ACS.2345 or visit www.cancer.org.

Take the **Great American Health Check**. In just five quick minutes, you will get a personalized health plan to share with your doctor. Visit www.cancer.org/healthcheck and click on Great American Health Check on the left hand side of the screen.

