

Preventive Cancer Screening Guidelines

Cancer screenings help detect certain cancers early, when treatment may be more effective. Screening recommendations vary based on your age, sex, personal health history, family history, and risk factors. Talk with your healthcare provider about the screening schedule that is right for you.

Colorectal Cancer Screening

Adults at average risk: Screening is generally recommended starting at age 45.

Screening options may include:

- Colonoscopy
- Stool-based testing (such as FIT or stool DNA testing)

Individuals with a personal or family history of colorectal cancer, inflammatory bowel disease, or other risk factors may need earlier or more frequent screening.

Breast Cancer Screening

Women at average risk: Mammography recommendations vary based on age and individual risk factors.

Screening may include:

- Screening mammogram
- Additional imaging or genetic evaluation for individuals at higher risk

Discuss your personal risk factors, family history, and preferred screening schedule with your healthcare provider.

Cervical Cancer Screening

Screening recommendations depend on age and previous results.

Common screening methods include:

- Pap test
 - HPV testing
 - Pap and HPV co-testing
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Lung Cancer Screening

Annual low-dose CT screening may be recommended for adults who meet high-risk criteria, including certain age ranges and significant smoking history.

Prostate Cancer Screening

Men should discuss prostate cancer screening with their healthcare provider. Decisions may depend on age, family history, race/ethnicity, and personal risk factors.

Skin Cancer Screening

Regular skin checks and awareness of changing moles or skin lesions can help identify concerning changes early. Individuals with increased risk may benefit from routine dermatology evaluations.

Know Your Risk

You may need earlier or additional screening if you have:

- A strong family history of cancer
- Known genetic risk factors
- Previous abnormal screening results
- Personal history of cancer
- Other medical risk factors

Medical Education Disclaimer: This guide provides general information and is not a substitute for personalized medical advice. Screening recommendations should be individualized based on your health history and risk factors.