## Cancer Screening Guidelines

### Breast Cancer
- **FEMALES AGE 20–39**
  - Clinical Breast Exam
    - Every year
- **FEMALES AGE 40 & UP**
  - Clinical Breast Exam
    - Every year
  - Mammogram
    - Every year

### Cervical Cancer
- **FEMALES AGE 21–29**
  - Pap Test
    - Every 3 years
- **FEMALES AGE 30 & UP**
  - Pap/HPV Cotest
    - Every 5 years
  - OR
  - Pap Test
    - Every 3 years

### Lung Cancer
- **CURRENT/FORMER SMOKERS AGE 50 & UP**
  - Talk to a doctor about a low-dose CT scan.

### Breast Cancer
- **FEMALES AGE 20–39**
  - Clinical Breast Exam
    - Every year
- **FEMALES AGE 40 & UP**
  - Clinical Breast Exam
    - Every year
  - Mammogram
    - Every year

### Prostate Cancer
- **MALES AGE 50 & UP**
  - Talk to a doctor about the benefits and risks of a PSA test.

### Oral Cancer
- **ADULTS AGE 18 & UP**
  - Talk to a doctor about head and neck screening.

### Colorectal Cancer
- **ADULTS AGE 50 & UP**
  - Colonoscopy
    - Every 10 years
  - OR
  - Stool-Based Tests (FIT or FOBT)
    - Every year

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*All people should talk to their doctors about what cancer screenings are right for them.*