

# Cancer Screening Recommendations

## **CLINICAL BREAST EXAM (CBE) RECOMMENDATIONS:**

---

- ▶ Every three years for women in their 20s and 30s
- ▶ Every year for women 40 and over

*Reference: American Cancer Society*

## **PAP SMEAR RECOMMENDATIONS:**

---

- ▶ Cervical cancer screening (testing) should begin at age 21.
- ▶ Women between ages 21 and 29 should have a Pap test every three years.
- ▶ Women between the ages of 30 and 65 should have a Pap test plus an HPV test every five years. This is the preferred approach, but it is also acceptable to have a Pap test alone every three years.
- ▶ Women over age 65 who have had regular cervical cancer testing with normal results should not be tested for cervical cancer.

*Reference: American Cancer Society*

## **MAMMOGRAM RECOMMENDATIONS:**

---

- ▶ Yearly mammograms are recommended for women starting at age 40 and continuing for as long as a woman is in good health.

*Reference: American Cancer Society*

## **COLORECTAL SCREENING RECOMMENDATIONS:**

---

- ▶ For patients ages 50+ with a personal history of colon cancer or family history of colon cancer, an up-to-date colonoscopy is required prior to bariatric surgery. If patient does not meet that criteria, then patient can have up-to-date stool DNA test like Cologuard or FIT-DNA test. Stool DNA testing should be completed every three years.

Colonoscopy is always recommended for anyone over that age of 50.

*Reference: US Preventive Services Task Force recommendation statement*

## **PROSTATE EXAM/PSA RECOMMENDATIONS:**

---

- ▶ Yearly testing for men over 50 with average risk
- ▶ Yearly testing for men over 45 with high-risk (patient has one first-degree relative with a history of prostate cancer: father, brother or son)
- ▶ Yearly testing for men over 40 with multiple first-degree relatives with a history of prostate cancer

*Reference: American Cancer Society*