

# Cancer Screening Guidelines\*

Speak with your provider to learn more about these tests.

Breast	Colorectal	Cervical	Lung	Prostate
<ul style="list-style-type: none"> <li>Women of all ages should know how their breasts normally look and feel and report any breast changes to a health care provider right away.</li> <li>Women ages 40+ should get mammograms every year.</li> <li>Women 55 and older should switch to mammograms every 2 years (or can continue yearly screening).</li> <li>All women should be familiar with the known benefits, limitations and potential harms linked to breast cancer screening.</li> </ul>	<ul style="list-style-type: none"> <li>Regular screening for colon cancer should begin at age 45 if you do not have a family history of the disease.</li> <li>If you're in good health, you should continue regular screening through age 75.</li> <li>For people ages 76 through 85, talk with your health care provider about whether continuing to get screened is right for you. When deciding, take into account your own preferences, overall health, and past screening history.</li> <li>People over 85 should no longer get colorectal cancer screening.</li> <li>If you choose to be screened with a test other than colonoscopy, any abnormal test result needs to be followed up with a colonoscopy.</li> </ul>	<ul style="list-style-type: none"> <li>Cervical cancer screening should start at age 25.</li> <li>People between the ages of 25 and 65 should get a primary HPV (human papillomavirus) test done every 5 years. If a primary HPV test is not available, a co-test (an HPV test with a Pap test) every 5 years or a Pap test every 3 years are still good options.</li> <li>People over age 65 who have had regular cervical cancer testing in the past 10 years with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be started again. Those with a history of a serious cervical pre-cancer should continue to be tested for at least 25 years after that diagnosis, even if testing goes past age 65.</li> <li>People who have been vaccinated against HPV should still follow the screening recommendations for their age groups.</li> <li>The most important thing to remember is to get screened regularly, no matter which test you get.</li> </ul>	<ul style="list-style-type: none"> <li>It's important that people who are being screened receive counseling to quit smoking if they currently smoke.</li> <li>Adults between the ages of 50 and 80.</li> <li>Must have a minimum of a 20 pack year smoking history (pack years are determined using this formula: number of packs per day times the number of years smoked. For example - 1 pack of cigarettes a day for 25 years = 25 pack-years).</li> <li>Must be a current smoker OR a former smoker who quit within the last 15 years.</li> </ul>	<ul style="list-style-type: none"> <li>If you decide to be tested, you should get a PSA blood test. Your doctor may also recommend a digital rectal exam (DRE). How often you're tested will depend on your PSA level.</li> <li>Starting at age 50, men should talk to a health care provider about the pros and cons of testing so they can decide if testing is the right choice for them.</li> <li>If you are African American or have a father or brother who had prostate cancer before age 65, you should have this talk with a health care provider starting at age 45.</li> </ul>

CVPH Women's Imaging Center is open Monday through Friday, 6 am - 7 pm. Call (518) 562-1055 to learn more.



Don't let fear, lack of insurance or access to a provider stop you from taking control of your health. Schedule your screenings today.

Visit [UVMHealth.org/CVPH](http://UVMHealth.org/CVPH) for more information.

\*American Cancer Society screening recommendations.