



## Cancer Screening Best Practices by Age

### MEN

#### **Ages 20-29 / Testicular Screening**

Men who have a family history should get a colonoscopy.

Men at average risk for testicular cancer should talk with their doctor about monthly testicular self-exam.

#### **Ages 40-49: Prostate / Colon Screening**

If two or more of your relatives had prostate cancer before age 65, you should talk to your doctor about testing when you reach age 40.

If you are African American or have a brother who had prostate cancer before age 65, you should talk to your doctor about testing when you reach age 45.

Men ages 45 and above, average risk, should start colon cancer screening every 5-10 years depending on the type of screening test.

### WOMEN

#### **Ages 20-39 / Mammogram / Cervical Screening**

Women in their 20s and 30s should talk with their doctor about how to do a monthly breast self-exam and should have a breast exam by their doctor at least every three years.

Women between ages 21 and 29 should have a Pap test done every three years. HPV testing should not be used in this age group unless needed after an abnormal Pap test result.

Beginning at age 30, women should have a Pap test plus an HPV test (called "co-testing") done every five years. This is the preferred approach, but it is OK to have a Pap test alone every three years.

For women at high risk of Hereditary Non-Polyposis Colon Cancer annual screening with endometrial biopsy may be offered beginning at age 35.

#### **Ages 40-49: Mammogram / Cervical Screening**

Women ages 40 to 49 at average risk should get annual breast cancer screenings (i.e. a screening mammogram). Women with a family history should talk with their doctor about starting screening mammograms earlier. Women should continue monthly breast self-exams and an annual clinical breast exam by a doctor.

Cervical cancer screenings (Pap test plus an HPV test) should be done every five years. It is also OK to have a Pap test alone every three years.

Women ages 45 and above, average risk, should start colon cancer screening every 5-10 years depending on the type of screening test.

## MEN

### **Ages 50 and Older/Prostate/Lung Screening**

Starting at age 50, all men at average risk should talk with their doctor about prostate cancer screening.

Colon cancer screening every 5-10 years depending on the type of screening test.

Ages 55-77, lung cancer screening for current and former smokers who meet certain screening criteria:

To qualify, a person must be ages 50 to 77, and either be a current smoker with a history of smoking one pack per day for 20 years or be an ex-smoker who has quit within the past 15 years.

## WOMEN

### **Ages 50-64: Mammogram/Cervical/Colon/Lung Screening**

Women ages 50+ should continue monthly breast self-exams, annual clinical breast exam by a doctor and an annual screening mammogram.

Cervical cancer screenings (Pap test plus an HPV test) should be done every five years. It is also OK to have a Pap test alone every three years.

Colon cancer screening every 5-10 years depending on the type of screening test.

Ages 55-77, lung cancer screening for current and former smokers who meet certain screening criteria:

To qualify, a person must be ages 50 to 77, and either be a current smoker with a history of smoking one pack per day for 20 years or be an ex-smoker who has quit within the past 15 years.

### **Ages 65 and older: Cervical Screening**

Women over age 65 who have had regular Pap test with normal results do not need to be tested for cervical cancer. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after the diagnosis, even if testing needs to continue after age 65.

## Reference

Screening methods: OSUCCC – James. The James - OSUCCC. (n.d.). <https://cancer.osu.edu/for-patients-and-caregivers/learn-about-cancers-and-treatments/cancer-screening-and-diagnosis/screening-methods>