

# Cancer screenings in this day and age

By knowing when to routinely get screened for cancer, you can increase your likelihood of living a long, healthy life with every year. The American Cancer Society's latest guidelines recommend undergoing screenings at these ages for common cancers to give you the best chance of finding the disease—while it's small and before it has spread<sup>1-4</sup>:

## Breast

Starting at **45** (or **40** if recommended), every **1 year** until **55**, then every **2 years**

## Colorectal

Starting at **45**, every **10 years** until **75** (or **85** if recommended)

## Prostate

Starting at **50** (only if recommended)\*

\* Men shouldn't undergo screening for prostate cancer until after they've discussed the uncertainties, risks, and potential benefits with their doctor.

## Talk to your doctor

about lifestyle behaviors and family history that may put you at greater risk of developing certain cancers. If you've received a cancer diagnosis, AccessHope is the key to unlocking access to the most-up-to-date cancer expertise. To explore how we can help you navigate the cancer journey, visit [myaccesshope.org](https://myaccesshope.org)

25  
to  
39

## Cervical

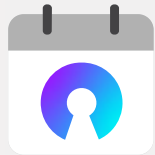
Starting at **25**, every **5 years** until **65**

40  
to  
49

## Lung

Starting at **50** (for current and former smokers), every **1 year** until **80**

50+



### References

- 1 Get screened. American Cancer Society Web site. <https://www.cancer.org/healthy/find-cancer-early/get-screened.html>. Accessed March 4, 2022.
- 2 American Cancer Society Guidelines for the Early Detection of Cancer. American Cancer Society Web site. <https://www.cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>. Accessed May 8, 2023.
- 3 American Cancer Society recommendations for prostate cancer early detection. American Cancer Society Web site. <https://www.cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/acs-recommendations.html>. Updated April 23, 2021. Accessed March 4, 2022.
- 4 Prostate cancer screening: Should you get a PSA test? Mayo Clinic Web site. <https://www.mayoclinic.org/tests-procedures/psa-test/in-depth/prostate-cancer/art-20048087>. Updated November 3, 2020. Accessed March 4, 2022.

Fighting cancer with everything we know™

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