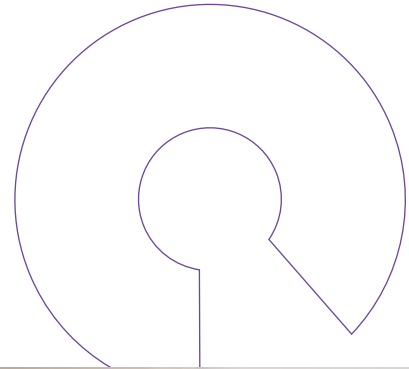


# Cancer screenings: Key to early detection



**More and more Americans are surviving cancer. This is partly due to early detection of the disease.**

Screening tests are used to identify cancer before it causes any symptoms. Usually, the sooner cancer is found, the better the chance it can be treated before it has spread. This often means that treatment will be more successful.



## Get started with screenings

A physical examination by a healthcare provider can be part of a screening test. An X-ray, laboratory test, or genetic test can also be done. In many cases, a mix of methods—such as clinical breast exam and mammography—is best.

Which cancer screenings should you have and when? Your provider can answer those questions based on your age, medical history, your family health history, and other risk factors you may have. The bottom line is that early detection of cancer can save many lives. And a key piece of early detection is the use of screening tests.

## Common cancer screenings

The following are the American Cancer Society's screening recommendations for certain cancers. Other organizations may have varying guidelines. Talk with your provider to determine the screening schedule and frequency that is best for you. Depending on your personal risk factors and medical history, you may start screening earlier.

Cancer Type	Sex	Screening Test	How Often
<b>Breast</b>	F	Mammogram	Every year, beginning at age 45 (or 40, if recommended) until age 54, then every other year for women ages 55 and older
<b>Cervical</b>	F	Primary HPV test	Every 5 years, beginning at age 25 until age 65  If primary HPV testing is not available, screening may be done with either a co-test (HPV test combined with a Pap test) every 5 years or a Pap test alone every 3 years
<b>Colorectal</b> (One of the tests to the right will be done)	M/F	Guaiac-based fecal occult blood test (gFOBT)	Every year, beginning at age 45
		Fecal immunochemical test (FIT)	Every year, beginning at age 45
		Stool DNA test (mt-sDNA)	Every 3 years, beginning at age 45
		Flexible sigmoidoscopy (FSIG)	Every 5 years, beginning at age 45
		Virtual colonoscopy	Every 5 years, beginning at age 45
		Colonoscopy	Every 10 years, beginning at age 45
<b>Lung</b>	M/F	Low-dose computed tomography (LDCT) scans	Every year for people who: <ul style="list-style-type: none"> <li>• Are 50 to 80 years old and in fairly good health, <b>and</b></li> <li>• Currently smoke or have quit in the past 15 years, <b>and</b></li> <li>• Have at least a 20 pack-year smoking history</li> </ul> <p>To calculate a pack-year, multiply the number of packs smoked per day by the number of years smoked. For example, someone who has smoked two packs a day for 10 years has 20 pack-years of smoking.</p>
<b>Prostate</b>	M	Prostate-specific antigen (PSA) blood test	Men ages 50 and older should discuss the advantages and limitations of this test with their providers  Men at high risk should have discussions starting at age 45

## Fighting cancer with everything we know™

The key for employees, their families, and their local treating oncologists to groundbreaking insights and leading discoveries, we provide employers the benefit of cancer support services that bridge the cancer knowledge gap for physicians and their patients, wherever they call home. **Visit [AccessHope at myaccesshope.org](https://myaccesshope.org) to learn more.**