

# Cancer Detection Test or Procedure

*Increase your chances of early diagnosis by scheduling regular exams with your doctor.*

AGE	FREQUENCY	FEMALES	MALES
18-20	One Time	Complete health exam <sup>1</sup>	Complete health exam <sup>1</sup>
	Yearly		
	Monthly	Skin self-exam	Skin self-exam, testes self-exam
21-39	Every 3 Years	Complete health exam <sup>1</sup> , clinical breast exam, Pap test <sup>2</sup>	Complete health exam <sup>1</sup>
	Yearly	Endometrial biopsy and/or transvaginal ultrasound <sup>3</sup>	
	Monthly	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam
40-49	Every 3 Years	Complete health exam <sup>1</sup> , Pap test <sup>2</sup>	Complete health exam <sup>1</sup> , prostate-specific antigen (PSA) blood test <sup>4</sup>
	Yearly	Clinical breast exam, mammogram, pelvic exam, digital rectal exam, endometrial biopsy and/or transvaginal ultrasound <sup>3</sup> , fecal occult blood test (FOBT) or fecal immunochemical test (FIT) <sup>5</sup>	Digital rectal exam
	Monthly	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam
50-65	Every 5-10 Years	Colonoscopy, flexible sigmoidoscopy, double contrast barium enema (DCBE) <sup>5</sup>	Colonoscopy, flexible sigmoidoscopy, double contrast barium enema (DCBE) <sup>5</sup>
	Every 3 Years	Pap test <sup>2</sup>	
	Yearly	Complete health exam <sup>1</sup> , clinical breast exam, mammogram, endometrial biopsy and/or transvaginal ultrasound <sup>3</sup> , pelvic exam, digital rectal exam, fecal occult blood test (FOBT) or fecal immunochemical test (FIT) <sup>5</sup> , low dose helical CT (LDCT) <sup>6</sup>	Complete health exam <sup>1</sup> , prostate-specific antigen (PSA) blood test <sup>4</sup> , digital rectal exam, fecal occult blood test (FOBT) or fecal immunochemical test (FIT) <sup>5</sup> , low dose helical CT (LDCT) <sup>6</sup>
65+	Monthly	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam
	Every 5-10 Years	Colonoscopy, flexible sigmoidoscopy, double contrast barium enema (DCBE) <sup>5</sup>	Colonoscopy, flexible sigmoidoscopy, double contrast barium enema (DCBE) <sup>5</sup>
	Yearly	Complete health exam <sup>1</sup> , clinical breast exam, mammogram, endometrial biopsy and/or transvaginal ultrasound <sup>3</sup> , pelvic exam, digital rectal exam, fecal occult blood test (FOBT) or fecal immunochemical test (FIT) <sup>5</sup> , low dose helical CT (LDCT) <sup>6</sup>	Complete health exam <sup>1</sup> , prostate-specific antigen (PSA) blood test <sup>4</sup> , digital rectal exam, fecal occult blood test (FOBT) or fecal immunochemical test (FIT) <sup>5</sup> , low dose helical CT (LDCT) <sup>6</sup>
	Monthly	Skin self-exam, breast self-exam	Skin self-exam, testes self-exam



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1. As a minimum, includes history, physical exam, blood/urine laboratory tests and chest x-ray as determined by your physician.
2. Beginning at age 21, women should have a Pap test every 3 years. Women ages 30 to 65 should have HPV and Pap co-testing every 5 years or a Pap test alone every 3 years. Women aged 65+ should stop cervical cancer screening if they have had 3 or more consecutive negative Pap tests; 2 or more consecutive negative HPV and Pap co-tests in the last 10 years with the latest test within 5 years; or have had a total hysterectomy.
3. Annual screening should be offered to individuals beginning at age 35 who belong to high-risk groups, defined as women with or at risk for hereditary nonpolyposis colon cancer (HNPCC). Women at average risk should be informed of the early symptoms of endometrial cancer and report any unexpected bleeding or spotting to their physicians.
4. At age 50, men with average risk for prostate cancer and have a 10 years plus life expectancy should begin to discuss with their doctor

about whether the PSA test is necessary for them. Those in high risk categories should begin the discussion with their doctor as early as age 40.

5. Beginning at age 50, men and women should take one of the following examinations: Colonoscopy (every 10 years), Double-contrast barium enema (every 5 years), Flexible sigmoidoscopy (every 5 years), or FOBT or FIT, with at least 50% test sensitivity for cancer (yearly). Screening with the FOBT/FIT is with the take-home multiple sample method.
6. Apparent healthy current or former smokers ages 55-74 who have at least a 30 pack-year smoking history, and who currently smoke or have quit within the past 15 years should begin the discussion about lung cancer screening (low dose helical CT or LDCT) with a clinician who has access to high-volume, high quality lung cancer screening and treatment centers.

Note: Your doctor may suggest a different testing schedule depending on your risk of developing a specific type of cancer. Discuss with your doctor about a test schedule that is tailored to your own situation.