

American Cancer Society Cancer Screening Guidelines (in Asymptomatic People)

Cancer	Recommendation
Breast	<ul style="list-style-type: none"> • Yearly mammogram for women starting at age 40. • Clinical breast exam <i>every three years</i> for women in their 20s and 30s, and yearly exams for women starting at age 40. • Exam your own breasts, starting in your 20s, and know how they feel normally. Report any changes to a healthcare provider immediately. • Women who are at increased risk (at least 20% lifetime risk) should have a yearly mammogram and MRI. Women whose lifetime risk is 15% to 20% should talk to their doctor about the benefits of adding MRI to their yearly mammogram schedule.
Colon & rectum	<p>The American Cancer Society released new guidelines for the detection of colon cancer. The new guidelines make a distinction between tests that detect cancer only (FOBT, FIT, sDNA) and tests that detect both pre-cancerous polyps and colon cancer (flexible sigmoidoscopy, colonoscopy, DCBE, CT colonography). Beginning at age 50, men and women <u>at average risk</u> should begin screening with one of the following tests below:</p> <ul style="list-style-type: none"> • A fecal occult blood test (FOBT) or fecal immunochemical test (FIT) <i>every year</i> – take-home, multiple sample method only* • A flexible sigmoidoscopy (FSIG) <i>every 5 years</i>* • A double-contrast barium enema (DCBE) <i>every 5 years</i>* • A colonoscopy <i>every 10 years</i> • CT colonography (also known as “virtual colonoscopy) <i>every 5 years</i> (NEW)* • Stool DNA (sDNA) testing – interval uncertain (NEW)* <p>* Positive test result should be followed-up with a colonoscopy.</p>
Prostate	Beginning at age 50, men should have a prostate-specific antigen (PSA) test <u>and</u> digital rectal examination yearly. Men at high risk (e.g., African American men and men with a family history) should consider beginning screening at age 45.
Cervix	<ul style="list-style-type: none"> • Women should have regular Pap tests <i>every year</i> or liquid-based Pap tests <i>every two years</i>, beginning three years after a woman starts having vaginal intercourse, but no later than age 21 years. • Starting at age 30, a woman who has had three normal Pap test results in a row may get screened every 2 to 3 years, or have conventional or liquid-based cytology test with HPV DNA testing every three years. • Women age 70 and older who have had three or more consecutive normal Pap tests in the last 10 years may choose to stop having Pap test screening. • A woman who had a total hysterectomy with removal of the cervix may discontinue having Pap tests unless the surgery was done as treatment for cervical cancer.
Skin	<ul style="list-style-type: none"> • Adults should examine their skin regularly and have suspicious lesions or moles examined by a physician immediately. • Adults should follow the ABCD rules when looking for warning signs of skin cancer: A for Asymmetry: one half of the mole does not match the other half B for Border Irregularity: the edges are ragged, notched or blurred C for Color: the color is not uniform, and varies between tan, brown and black D for Diameter: the diameter is greater than 6 mm (the size of a pencil eraser)

Updated by the American Cancer Society, March 2008.