

Cancer screening exams

CHECKLIST FOR WOMEN

Take this checklist to your next doctor appointment. These recommendations are for people at average risk for cancer. Your doctor can help you develop a more tailored screening plan if needed.

AGES 21-29

- ☐ Ask your doctor for a **breast cancer risk assessment** when you are 25.
- ☐ Consider a **clinical breast exam** every one to three years to check for breast cancer, starting at age 25.
- ☐ **Pap test** every three years starting at age 21, or HPV test every five years starting at age 25.

AGES 30-39

- ☐ Consider a **clinical breast exam** every one to three years to check for breast cancer.
- ☐ **HPV test**, with or without a Pap test, every five years to check for cervical cancer and HPV.

AGES 40-44

- ☐ **Mammogram and clinical breast exam** every year to check for breast cancer.
- ☐ **HPV test**, with or without a Pap test, every five years to check for cervical cancer and HPV.

AGES 45 AND OLDER

- ☐ **Mammogram and clinical breast exam** every year to check for breast cancer. Your doctor can help you decide if you should continue screening after age 75.
- ☐ **HPV test**, with or without a Pap test, every five years to check for cervical cancer and HPV. If you're age 65 or older, your doctor can help you decide if you need screening.
- ☐ **Colonoscopy** every 10 years to check for colorectal cancer. Alternatives to colonoscopy include virtual colonoscopy every five years, or stool-based tests every one to three years depending on the test. If you're age 75-85, your doctor can help you decide if you need screening. MD Anderson does not recommend screening after age 85.



Regardless of your age, practice awareness.

This means you should be familiar with your body so that you will notice changes. Report them to your doctor without delay.

If you have had any medical care that affects these areas of your body, talk to your doctor for individualized screening guidelines.

**Appointments
available
877-632-6789**

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

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CHECKLIST FOR MEN



Take this checklist to your next doctor appointment. These recommendations are for people at average risk for cancer. Your doctor can help you develop a more tailored screening plan if needed.

AGES 45-74

- ☐ **Speak with your health care provider** about the benefits and risks of prostate screening.
- ☐ If you choose prostate cancer screening, begin at age 45 with a baseline **PSA test**. Strongly consider a baseline **digital rectal exam**. Continue testing as indicated by your previous test results.
- ☐ **Colonoscopy** every 10 years to check for colorectal cancer. Alternatives to colonoscopy include virtual colonoscopy every five years, or stool-based tests every one to three years depending on the test.

AGES 75 AND OLDER

- ☐ If you're age 75-85, your doctor can help you decide if you need screening for prostate and colorectal cancers.
- ☐ MD Anderson does not recommend screening for prostate and colorectal cancers after age 85.

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If you have had any medical care that affects these areas of your body, talk to your doctor for individualized screening guidelines.

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