



Get your tests!

Recommended cancer testing can help save your life.
Ask your doctor or nurse about these tests.

Recommended Tests for Men and Women at Average Risk

21 to 29 Years	30 to 39 Years	40 to 49 Years	50+ Years	GLOSSARY
Colorectal Cancer Testing* Find out if you are at high risk for colon or rectal cancer. If not, then no test is needed at this time.		Colorectal Cancer Testing* Start testing at age 45. Several types of tests can be used. Talk with a health care provider about which tests are best for you. No matter which test you choose, the most important thing is to get tested.		Colorectal Cancer Testing These tests can help prevent colorectal cancer or find it early when it may be easier to treat.

Recommended Screening Tests for Men

Prostate Cancer Testing No test is needed at this time.	Prostate Cancer Testing Starting at age 45, African American men and men with close family members who had prostate cancer before age 65 should discuss the pros and cons of testing with a health care provider.	Prostate Cancer Testing Talk with a health care provider about the pros and cons of testing to decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a digital rectal exam.	Prostate Cancer Testing Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, as well as other conditions.
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Recommended Screening Tests for Women

Breast Cancer Testing* Find out if you are at high risk for breast cancer. If not, testing is not needed at this time. Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.	Breast Cancer Testing* Women ages 40-44 should have the choice to start breast cancer screening with yearly mammograms. Starting at age 45, get a mammogram every year.	Breast Cancer Testing* Get a mammogram every year between the ages of 45 and 54, then at 55 you should switch to mammograms every 2 years, or continue yearly screening as long as you are in good health.	Mammogram A screening mammogram is an x-ray that is used to help look for signs of breast cancer in women who don't have any breast symptoms or problems.
Cervical Cancer Testing Screening should be done every 3 years with a Pap test.	Cervical Cancer Testing Women ages 30-65 should get a Pap test and an HPV test every 5 years, or get a Pap test every 3 years. Women 66 and older who have had normal Pap tests on a regular basis can stop testing. Women who have had a serious cervical pre-cancer should be tested for at least 20 years after the diagnosis.		Pap Test (Cervical Cancer Testing) The Pap test checks for cell changes or abnormal cells in the cervix. HPV Test (Cervical Cancer Testing) The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test.

Lung Cancer Screening Recommendations for Men and Women at High Risk

		Lung Cancer Testing. A yearly low-dose CT scan may benefit you if you are a current or former smoker ages 55-74 and in fairly good health.	Lung Cancer Testing People who smoke or used to smoke are at higher risk for lung cancer. Talk to a healthcare provider about your risk for lung cancer and getting tested.
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Insurance typically covers prevention and screening services. Please check to confirm your specific health care benefits.

Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.

* You may need to begin testing for colorectal cancer or breast cancer earlier or be tested more often if you are more likely than other people to have these cancers. Talk to your doctor about this.

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