

CANCER-RELATED CHECKUPS

A cancer screening checkup is recommended every three years for people ages 20 - 40 and every year for people ages 40 and older.

A cancer screening checkup may also include physical examinations for cancers of the thyroid, mouth, skin, lymph nodes, testes, and ovaries, as well as for some non-cancerous diseases.



VALENTINE'S DAY BAKE SALE
PROCEEDS WILL BE DONATED TO
THE HUNTSMAN CANCER
INSTITUTE

The George Washington University
Pharmacogenomics Student
Organization

| Cancer Site | Population | Test/Procedure | Frequency |
|-------------|------------------------|--|--|
| Breast | Women, age 20+ | <ul style="list-style-type: none"> Breast self-examination Clinical breast examination Mammogram | <ul style="list-style-type: none"> Monthly, starting at age 20. Every 3 years, ages 20-39. Annual, starting at age 40.* |
| Colorectal | Men and women, age 50+ | <ul style="list-style-type: none"> Fecal occult blood test (FOBT) and flexible sigmoidoscopy+ or Flexible sigmoidoscopy or FOBT or Colonoscopy or Double contrast barium enema (DCBE) | <ul style="list-style-type: none"> Annual FOBT and flexible sigmoidoscopy Every 5 years, starting at age 50. Every 5 years, starting at age 50. Annual, starting at age 50. Every 10 years, starting at age 50. Every 5 years, starting at age 50. |
| Prostate | Men, age 50+ | Digital rectal examination (DRE) and prostate specific antigen test (PSA) | The PSA test and the DRE should be offered annually, starting at age 50, for men who have a life expectancy of at least 10 years.++ |
| Cervix | Women, age 18+ | Pap. test and pelvic examination | All women who are, or have been sexually active, or have reached age 18 should have an annual Pap test and pelvic examination. After a woman has had |

CANCER SCREENING GUIDELINES

Recommendations for early detection of cancer.

Studies have shown that life expectancy increases dramatically for people who have certain cancers detected early.



Breast Cancer



Prostate Cancer



Colorectal Cancer



Skin Cancer



Cervical Cancer



BREAST CANCER SCREENING

Ages 18 - 40

Breast self-exam every month.
Clinical breast exam every year.

Age 40 and over

Breast self-exam every month.
Clinical breast exam every year.
Mammogram every year.

All ages

Women who have had breast cancer, radiation treatment to their chest, or who have a strong family history of breast cancer may require special testing or screening beginning at an earlier age.

PROSTATE CANCER SCREENING

Ages 40 - 49

All African American men and men with a family history of prostate cancer are advised to consider screening with a yearly digital rectal exam and PSA blood test.

Age 50 and over

Men who choose to have regular prostate screening should have a yearly digital rectal exam and PSA blood test.

COLORECTAL CANCER SCREENING

Ages 40 - 49

People with one or more of the following should have a stool blood test every year and flexible sigmoidoscopy every 5 years.

- Family history of colorectal cancer or polyps.
- Previous diagnosis of breast, ovarian, or endometrial cancer.
- Family history of breast, ovarian, or endometrial cancer.

Ages 50 and over

Stool blood test every year and flexible sigmoidoscopy with digital rectal exam every five years.

All ages

There are certain groups of people who may require special testing because of an increased risk for colorectal cancer. People with one or more of the following need more specialized colorectal cancer screening:

- Previous diagnosis of colorectal cancer or polyps.
- Inflammatory bowel disease such as ulcerative colitis or Crohn's disease.
- Two or more immediate relatives with colon cancer.
- One or more immediate relatives diagnosed with colorectal cancer at a young age (before age 60).

SKIN CANCER SCREENING

People of all ages

-Skin self-examinations 3 or 4 times each year.
-People with one or more of the following risk factors for skin cancer should have a total skin examination by a health care provider every year.
- A previous diagnosis of melanoma.
- An immediate family member who has been diagnosed with melanoma.
- Light skin, red or blond hair, or the tendency to sunburn easily.
- A blistering or peeling sunburn that occurred before the age of 18.
One or more atypical nevi (abnormal moles), which are moles that are 4 mm or more in diameter, fairly flat, with irregular color, *and* irregular or indistinct borders.

CERVICAL CANCER SCREENING

Under 18

Pap test and pelvic exam every year for those who have had sexual intercourse.

Age 18 and over

Pap test and pelvic exam every year.

