



# Get your tests!

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

## Recommended Cancer Screening Tests

25 to 39 Years	40 to 49 Years	50+ Years	GLOSSARY
<p><b>Colorectal Cancer Testing</b> Find out if you are at high risk for colon or rectal cancer. If not, then no test is needed at this time.</p>	<p><b>Colorectal Cancer Testing</b> 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.</p>		<p><b>Colorectal Cancer Testing</b> These tests can help prevent colorectal cancer or find it early when it may be easier to treat. Colorectal cancer can be prevented by finding and removing a polyp before it becomes cancer.</p>
<p><b>Prostate Cancer Testing</b> No test is needed at this time.</p>	<p><b>Prostate Cancer Testing</b> Starting at age 45, men at high risk (African American men, Caribbean men of African ancestry, and men with close family members who had prostate cancer before age 65) should discuss the potential risks and benefits of testing with a health care provider. They should then decide if they want to be tested with a PSA blood test with or without a digital rectal exam.</p>	<p><b>Prostate Cancer Testing</b> Talk with a health care provider about the potential risks and benefits 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. Talk to your doctor about how often you will get tested.</p>	<p><b>Prostate Cancer Testing</b> Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, in addition to other conditions. With a digital rectal exam, a health care provider checks the prostate for lumps or abnormal size.</p>
<p><b>Breast Cancer Testing</b> 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.</p>	<p><b>Breast Cancer Testing</b> Women ages 40-44 should have the choice to start breast cancer screening with mammograms every year if they wish to do so. Starting at age 45, get a mammogram every year.</p>	<p><b>Breast Cancer Testing</b> Get a mammogram every year between the ages of 45 and 54, then at 55 you can switch to mammograms every 2 years, or continue yearly screening. Screening should continue as long as you are in good health and are expected to live at least 10 more years.</p>	<p><b>Mammogram</b> A screening mammogram is an x-ray of the breast that is used to help look for signs of breast cancer in women who don't have any breast symptoms or problems.</p>
<p><b>Cervical Cancer Testing</b> People ages 25 to 65 years old who have a cervix should get a primary HPV test every 5 years. If a primary HPV test is not available, get a co-test every 5 years or a Pap test alone every 3 years. People ages 66 and older who have had regular cervical cancer testing in the past 10 years with normal results should not be tested. People who have had serious cervical precancer should be tested for at least 25 years after that diagnosis, even if testing continues past age 65 years. People whose cervix was removed by surgery should stop testing unless the surgery was done to treat cervical cancer or a serious precancer.</p>			<p><b>Pap Test</b> The Pap test checks for cell changes or abnormal cells in the cervix.</p> <p><b>HPV Test</b> The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test.</p> <p><b>Primary HPV test</b> An HPV test that is done by itself for screening.</p> <p><b>Co-testing</b> Testing with an HPV test and a Pap test</p>
			<p><b>Lung Cancer Testing</b> People who smoke or used to smoke are at higher risk for lung cancer. Talk to a health care provider about your risk for lung cancer, and the possible benefits, limitations, and harms of getting tested for early lung cancer.</p>
<p><b>Lung Cancer Testing</b> If you are a current or former smoker ages 50-80 and in fairly good health, you might benefit from screening for lung cancer with a yearly low-dose CT scan.</p>			

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 some cancers earlier or be tested more often if you have certain risk factors. Talk to your doctor about this.

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