

CANCER SCREENING GUIDELINES

“ Routine cancer screenings can help detect cancer before it can grow in size and spread. Talk to your doctor about the best screening plan for you. ”

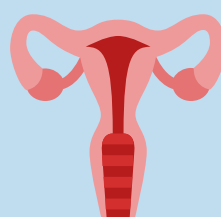
Bruce Brockstein M.D., Medical Director of NorthShore Kellogg Cancer Center

Here are the recommendations for people of average risk. People at a higher risk due to family history, genetic disorders or other factors may need to begin screenings at an earlier age.

20's

Cervical Cancer

- Pap smears starting at age 25 to look for pre-cancers on the cervix; then every 3 years
- HPV test starting at age 25; then every 5 years



30's

Some doctors recommend getting mammograms and colonoscopies in your 30's if there is a family history. Talk to your doctor about what's best for you.

Continue pap smears and HPV testing



40's

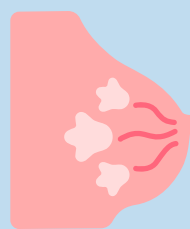
Breast Cancer

- Mammograms starting at age 40; then yearly

Colon Cancer

- Colonoscopy starting at age 45 for people of average risk

Continue pap smears and HPV testing



50+

Lung Cancer

- At age 50, people with a history of smoking should talk with their doctor about a CT scan

Prostate Cancer

- Men start regular screening at age 50

Continue pap smears, HPV testing, mammograms and colonoscopies

