## American Cancer Society

### Tests to Find Cancer Early

Ask your doctor or nurse about these tests.

<table>
<thead>
<tr>
<th>Who</th>
<th>When</th>
<th>What</th>
<th>How Often</th>
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| **Breast Cancer** | **Women** | Starting at age 20 | If you notice any change in your breasts such as a lump, tell your doctor or nurse right away. You may choose to do BSE (breast self-exam) to find breast changes.  
• Have an exam of your breast by a doctor or nurse | Every year  
Every 3 years |
| | | Starting at age 40 and older | Have a mammogram (x-ray) of your breasts and  
An exam of your breast by a doctor or nurse | Every year |
| **Cervical Cancer** | **Women** | Starting about 3 years after you start having sex but no later than age 21 | Have ONE of the following:  
• The regular Pap test OR  
• The newer liquid Pap test | Every year  
Every 2 years |
| | | Starting at age 30 | If you have had 3 normal Pap tests in a row, you may have:  
• The regular or liquid Pap test OR  
• Pap test with the new HPV test  
If you have NOT had 3 normal Pap tests in a row, then continue with you Pap tests every 1 or 2 years | Every 2 to 3 years  
Every 3 years |
| **Prostate Cancer** | **African American men OR men with a close family member with prostate cancer before age 65** | Starting at age 45 | Have a blood test to check your PSA (prostate-specific antigen) and a rectal exam to check your prostate gland | Every year |
| | **All other men** | Starting at age 50 | Your doctor should offer you a blood test to check the PSA in your blood and a rectal exam to check your prostate gland. Your doctor should talk to you about how you might or might not benefit from prostate cancer testing so you can decide if you want to be tested or not. | Every year |
| **Colon Cancer** | **Men and women** | Starting at age 50 | Tests that find polyps and cancer  
• Flexible sigmoidoscopy  
• Colonoscopy  
• Double contrast barium enema  
• CT colonography (virtual colonoscopy)  
Tests that mainly find cancer  
• Fecal occult blood test (FOBT)  
• Fecal immunochemical test (FIT)  
• Stool DNA test (sDNA), Interval Uncertain  
Your doctor or nurse will help you decide which of these tests are best for you | Every 5 years  
Every 10 years  
Every 5 years  
Every 5 years  
Every year |
| **Other Cancers** | **Women** | Starting at age 20 | Your doctor or nurse should check your thyroid gland, mouth, skin, lymph nodes, and ovaries. | With regular check-up |
| **Other Cancers** | **Men** | Starting at age 20 | Your doctor or nurse should check your thyroid gland, mouth, skin, lymph nodes, and testicles. | With regular check-up |

*You may need to begin testing for colon 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.*

**If you have had a hysterectomy (your uterus and cervix has been removed), you may choose to stop having the Pap test, unless the surgery was for cancer. If you are 35 or older and have had an inherited type of colon cancer called HNPCC or someone in your family has had this type of cancer, then you may need to be tested each year for cancer of the endometrium (lining of the uterus). This testing is done with a biopsy.**

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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.

- Don’t use tobacco. If you do, ask your doctor or nurse about quitting.
- Get at least 30 minutes of physical activity on 5 or more days of the week.
- Eat a healthy diet with plenty of fruits and vegetables.
- Maintain a healthy weight.
- Drink less alcohol, if you drink at all.
- Protect yourself from the sun with an SPF (sun protection factor) of 15 or higher.