



# Recommended cancer screenings

Recommended screenings for men and women at average risk				
21-29 years	30-39 years	40-49 years	50+ years	Definition
<p><b>Colorectal cancer screening*</b> Talk to a healthcare provider to find out if you are at high risk for colon or rectal cancer. Risk factors such as family history or if you've had any type of cancer, may put you at a higher risk. Your healthcare provider can help to determine whether screening is appropriate at this time.</p>		<p><b>Colorectal cancer screening*</b> The American Cancer Society recommends starting screening at age 45. Several types of screenings can be used. Talk with your healthcare provider about which screenings are best for you and when they recommend you start.</p>	<p><b>Colorectal cancer screening*</b> The United States Preventive Services Task Force recommends screening from age 50 to 75, with one of several possible tests. Ascension Wisconsin Medical Group recommends colonoscopy as the first choice in most cases. Some may continue screening beyond age 75. Check with your healthcare provider about what is right for you.</p>	<p><b>Colorectal cancer screening</b> Screenings can help detect colorectal cancer or find it early when it's easier to treat. Colorectal cancer can be prevented by finding and removing a polyp before it becomes cancer. If you notice blood in your stool or urine, contact your healthcare provider.</p>
Recommended screenings for men at average risk				
<p><b>Prostate cancer screening</b> Screening is not needed at this time.</p>	<p><b>Prostate cancer screening</b> The American Cancer Society recommends those at high risk start at age 45. African American men and men with a close family member who had prostate cancer before age 65 should discuss screening options with a healthcare provider. Those with even higher risk (more than one close relative with prostate cancer prior to age 65) should consider starting screening at age 40. Together they can decide whether a PSA blood test with or without a digital rectal exam is the best course of action.</p>	<p><b>Prostate cancer screening</b> Talk with a healthcare provider about the pros and cons of screening to decide if it is right for you. If you decide to be screened, you should have a PSA blood test with or without a digital rectal exam. How often you are screened will depend on your PSA level.</p>	<p><b>Prostate cancer screening</b> Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, as well as other conditions. With a digital rectal exam, a healthcare provider checks the prostate for lumps or abnormal size.</p>	
Recommended screenings for women at average risk				
<p><b>Breast cancer screening*</b> Find out if you are at high risk for breast cancer. If not, screening 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, such as breast pain, nipple discharge or redness of your breast, or if you have a family history of breast cancer.</p>	<p><b>Breast cancer screening*</b> It is recommended women 40-49 consider regular screening mammograms. Women should talk to their healthcare provider about when to start and how often a screening mammogram is right for them.</p>	<p><b>Breast cancer screening*</b> Regular mammograms at least through age 74 are recommended. Women should talk with their healthcare provider about whether getting a mammogram every year or every two years during this time is appropriate, and whether continuing beyond age 74 is right for them.</p>	<p><b>Mammogram</b> 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. Other tests may be recommended based on individual risks and mammographic findings.</p>	
<p><b>Cervical cancer screening</b> Starting at age 21, women should begin cervical screenings every 3 years with a Pap test.</p>	<p><b>Cervical cancer screening</b></p> <ul style="list-style-type: none"> <li>• Women ages 30-65 should get a Pap test and an HPV test every 5 years; an HPV test alone every 5 years; or a Pap test alone every 3 years.</li> <li>• Women 65 and older who have had normal Pap tests on a regular basis can stop testing.</li> </ul>		<p><b>Pap test (cervical cancer screening)</b> The Pap test (a cervical swab) checks for cell changes or abnormal cells in the cervix.</p> <p><b>HPV test (cervical cancer screening)</b> The human papillomavirus (HPV) test checks for the virus, and can be done at the same time as the Pap test. Even if you are not due for cervical cancer screening, you should still see your healthcare provider each year for a well-woman exam.</p>	

\*If you have symptoms of breast pain, nipple discharge or redness of your breast, contact your healthcare provider. If you notice blood in your stool or urine, contact your healthcare provider.

Recommended screenings for men and women at high risk			
		<p><b>Lung cancer screening</b></p> <p>The Ascension Wisconsin Medical Group recommends annual screenings with a low-dose CT scan (a type of X-ray) if you are: a current or former smoker age 55-80; have smoked the same as 1 pack per day for at least 20 years or more; continue to smoke; or have quit within the past 15 years. Talk with a healthcare provider to see if this screening is right for you.</p>	<p><b>Lung cancer screening</b></p> <p>Low-dose CT scan is a quick, painless and non-invasive approach to screen for lung cancer.</p> <p>People who smoke or used to smoke are at higher risk. Talk to a healthcare provider about your risk, possible limitations and benefits of getting screened for early lung cancer.</p>

Insurance typically covers prevention and screening services. Please check to confirm your specific healthcare benefits.

Your healthcare provider may recommend different screening strategies and/or a referral to a genetic counselor to assess for high-risk genes, based on your age, health and family history, and other risk factors.