

CANCER SCREENING CAN SAVE LIVES!

Finding cancer early can improve the chances that it can be treated successfully. The U.S. Preventive Services Task Force makes recommendations for cancer screening for average risk individuals. Talk with your health care provider to assess your risk and make a personalized cancer screening plan.

BREAST

Recommends biennial screening mammography for women aged 50 -74 years.

The decision to start screening mammography in women prior to age 50 years should be an individual one. Women who place a higher value on the potential benefit than the potential harms may choose to begin biennial screening between the ages of 40 and 49 years.

CERVICAL

Screening for cervical cancer in women age 21 to 65 years with cytology (Pap smear) every 3 years or, for women age 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and human papillomavirus (HPV) testing every 5 years.

COLORECTAL

Recommends colonoscopy every 10 years starting at age 50 years and continuing until age 75 years. Other screening options are available. The risks and benefits of different screening methods vary. Talk with your doctor about which test option may be best for you.

LUNG

Annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.

PROSTATE

Recommends* individualized decision making with a clinician for men ages 55 to 69 about the potential benefits and harms of prostate-specific antigen (PSA)-based screening for prostate cancer.

*Draft recommendations.



The U.S. Preventive Services Task Force is an independent panel of experts in primary care and prevention who make evidence-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications. All recommendations are published on the Task Force's website and/or in a peer-reviewed journal, www.uspreventiveservicestaskforce.org/.