

Health Screening	Who Needs	How Often	Comments
Cancer			
Pap Smear	All women, starting within 3 years of becoming sexually active, no later than age 21.	Annually until age 30. After 30, if 3 consecutive tests are normal, one every 2-3 years unless a woman smokes or has multiple sex partners or other risk factors .	Women 70 and over who have had normal recent results can stop being screened, unless they are at high risk. Women who have had their cervix removed do not need to be tested.
Breast Cancer Screening (Mammogram)	All women 40 and over; those at a higher risk should start earlier.	Women age 40-49 should be screened every 1-2 years. Women 50 and over should be screened annually.	Certain women at high risk should also have annual MRI scans starting at age 30. Clinical breast exams are important too, consult your doctor. Monthly self-breast exams are also important.
Colorectal Cancer Screening	Everyone 50 and over; earlier for those at high risk	One of these 5 testing schedules should be followed (consult your doctor for the best option for you): <ul style="list-style-type: none"> • Yearly fecal occult blood test (FOBT), plus flexible sigmoidoscopy every 5 years • Flexible sigmoidoscopy every 5 years • FOBT every year • Colonoscopy every 10 years • Double-contrast barium enema every 5 years 	All positive test results should be followed up with a colonoscopy
Prostate Cancer	All men 50 and over, some men beginning at age 40.	African American men and those with a family history of prostate cancer should begin screening at 40. DRE and possibly PSA starting at 50.	Routine PSA screening for all men remains controversial. You should discuss it with your doctor.
Skin Cancer	Everyone	You should examine your skin regularly for the following: <ul style="list-style-type: none"> • Asymmetry: Does one half of the mole match the other half? • Border: Are the borders uneven? • Color: Is the mole more than one color or changing colors? • Diameter. From edge to edge, is the mole bigger than the size of a pencil tip eraser? • Evolving: Any change — in size, shape, color, elevation, or another trait? 	See your doctor immediately if you find any abnormalities.