Cancer Screening Guidelines

Cancer screenings are an important part of overall healthcare. This is because the effective way to survive cancer is to detect the disease at an early stage and eliminate it from the body, before the cancerous cells spread to the rest of the body, making treatment easier and more effective. The earlier the detection of the presence of cancer, the better are an individual's chances of survival which also means less treatment in terms of both costs and use of chemicals and light therapy.

There exist ways to identify the presence of cancer even before the disease starts manifesting itself in the form of symptoms.

- Breast Cancer: Annual mammograms for women age 45-54, and every two years (or annually if desired) for women 55 and older.
- Cervical Cancer: Screening for women aged 21-65 with cytology (Pap smear) every three years or combined cytology and HPV testing every five years for women aged 30-65 who prefer longer intervals.
- Colorectal Cancer: Screening options for individuals aged 45 and over at average risk, including multi-target stool DNA tests, fecal occult blood tests, fecal immunochemical tests (FIT), barium enemas, flexible sigmoidoscopies, and screening colonoscopies.
- Lung Cancer: Annual low-dose computed tomography (CT) scans for individuals aged 50-80 with a 20 pack-year smoking history who currently smoke or have quit within the past 15 years.
- Prostate Cancer: Annual digital rectal exams and prostate specific antigen (PSA) blood tests for men aged 50 and older.