

CANCER SCREENING GUIDELINES

EARLY DETECTION

For more information, contact
the Sentara Cancer Network and
speak with one of our educators.

888-220-2214

EARLY DETECTION CAN BE KEY TO SUCCESSFUL CANCER TREATMENT

Partner with the Sentara Cancer Network to make Hampton Roads a healthier community! Early detection remains the best protection in the fight against cancer. Follow these recommended screening guidelines to increase the chance of detecting cancers in the earliest and most treatable stage.

Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

*ATTENTION: Language assistance services are available to you free of charge.
Call 844-809-6648.*

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TESTS TO FIND CANCER EARLY

Breast Cancer Women (Average Risk)	<p>Screening should begin at age 40 and follow-up annually</p> <ul style="list-style-type: none"> • Women, beginning at age 40, should have annual mammograms, after an informed decision with their health care provider, based on personal and family history. • Screening should continue provided the woman is in good health and expected to live 10 years or longer.
Cervical Cancer Women (Average Risk)	<p>Screening should begin at age 21 and follow-up annually</p> <ul style="list-style-type: none"> • Women ages 21-29 should have a Pap test done every three years. HPV testing should not be used in this age group unless it's needed after an abnormal Pap result. • Women ages 30-65 should have a Pap test plus an HPV test (called co-testing) done every five years. This is the preferred approach, but it is acceptable to have a Pap test alone every three years. • Women over age 65 who have had regular cervical cancer testing in the past ten years with normal results should not be tested for cervical cancer. • Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after diagnosis, even if testing goes beyond age 65.
Prostate Cancer Men (Average Risk)	<ul style="list-style-type: none"> • Men should make an informed decision with a health care provider about whether to be tested for prostate cancer. <ul style="list-style-type: none"> - Starting at age 50 (age 45 for African-American men or those with a family history of prostate cancer), men should speak to a health care provider to decide if testing is the right choice for them. - Prostate cancer testing should include a PSA (Prostate Specific Antigen) blood test, with or without a rectal exam.
Colon Cancer Men & Women (Average Risk)	<ul style="list-style-type: none"> • Testing should begin at age 45 for people with average risk of colorectal cancer. • Testing can be done by a high sensitivity stool-based test annually, or a visual exam (colonoscopy) every ten years. • Talk to your health care provider about which tests might be good options for you. • If you are in good health, you should continue regular screening through age 75. • If you choose to be screened with a test other than colonoscopy, any abnormal test result needs to be followed up with a colonoscopy.
Endometrial Cancer Women	<ul style="list-style-type: none"> • All women should be informed about the risks and symptoms of endometrial cancer at the time of menopause. • Some women, because of their history, may need to consider having a yearly endometrial biopsy.
Lung Cancer Men & Women	<p>Lung Cancer</p> <ul style="list-style-type: none"> • Annual lung cancer screening with a low-dose CT scan (LDCT) for certain people at higher risk of lung cancer is recommended for the following: <ul style="list-style-type: none"> - Age 55-74 and in fairly good health AND currently smoke - Age 55-74 and have quit smoking in the past 15 years AND have at least a 30 pack-year smoking history. <p><i>(A pack-year is one pack of cigarettes per day, per year. One pack a day for 30 years or two packs per day for 15 years would both be 30 pack-years.)</i></p>