# Cancer Screening Guide

## Every Age:
- Check for moles, freckles and other marks on your skin every month.
- **Women:** Complete monthly breast self-exams and report any changes to a healthcare provider.
- **Men:** Conduct routine testicular self-exams and report any changes to a healthcare provider.

## 20s:
- Beginning at age 21, women should have a Pap test every 3 years.
- Women at higher risk for breast cancer should talk to their physician about mammograms or other screening tests.

## 30s:
- Women over age 30 should have a Pap and HPV screening every 5 years, as long as past screenings are normal.
  *Note: Increased frequency is recommended for higher risk patients.*
- Women with a high risk of breast cancer should discuss having a mammogram or other screenings with their physician.

## 40s:
- Women should schedule an annual mammogram beginning at age 40.
- Women should continue to schedule a Pap and HPV test every 5 years.
- Both men and women at higher risk for colorectal cancer should discuss screenings earlier than age 50 with their physician.

## 50s and Beyond:
- Women aged 50 to 74 should schedule a screening mammogram every other year.
- Men with average risk for prostate cancer should be screened from ages 55 to 69.
- Men and women at average risk should be screened for colorectal cancer, beginning at age 50 and continuing until age 75.
- Men and women should speak to their physician about their smoking history, and those at higher risk should get an annual lung screening.