



Don't Wait:

Why cancer screenings could be the most important appointment you'll ever make.

Many people put off cancer screenings – and it's easy to understand why. You might feel nervous about the results, too busy to fit in an appointment, unsure of what the tests involve, or uncomfortable going to the doctor. You may even worry about costs or think, "I feel fine, so I don't need this."

Screening Guidelines by Age and Risk

Below is a simple guide to common screenings and the usual ages to start them. These are general recommendations. If you have a family history of cancer or other health risks, talk with your doctor about what's right for you.

Cancer Type	Recommended Screening or Diagnostic Test	Start Age	Frequency
Breast Cancer	Mammogram	40	Annually (average risk)
Cervical Cancer	Pap Smear / HPV Test	21	Every 3 years (21–29), every 5 years (30–65)
Colorectal Cancer	Colonoscopy	45	Every 10 years (average risk)
Lung Cancer	Low dose CT scan	50	Annually (current/former smokers, 20+ pack-years)
Prostate Cancer	PSA Test / Digital Rectal Exam (DRE)	50	Annually (discuss with doctor, especially high risk)
Skin Cancer (Melanoma)	Full-body Skin Exam	20	Annually (especially with risk factors)
Oral Cancer	Oral Exam by Dentist / Provider	18	Annually (high-risk)
Ovarian Cancer	CA-125 Blood Test / Pelvic Ultrasound	35	Every 1–2 years (high risk)
Endometrial Cancer	Transvaginal Ultrasound / Biopsy	35–40	Annually (high risk)
Bladder Cancer	Urine Cytology or Cystoscopy	50	Annually (high risk)
Liver Cancer	Ultrasound + AFP blood test	50	Every 6–12 months (liver disease)
Esophageal Cancer	Endoscopy	50	Every 3–5 years (Barrett's esophagus)
Kidney Cancer	Ultrasound / CT scan	50	Annually (high risk)
Pancreatic Cancer	Endoscopic Ultrasound or MRI	50	Every 1–2 years (high risk)
Thyroid Cancer	Thyroid Ultrasound	35	Every 1–2 years (high risk)
Stomach Cancer	Endoscopy	50	Every 3–5 years (high risk)
Testicular Cancer	Self-exam / Ultrasound	15	Monthly self-exam (high risk)



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Important Notes

- High risk can mean a family history of cancer, certain genetic changes (like BRCA 1 and BRCA 2 or Lynch syndrome), long-term infections, or other medical conditions.
- Your personal health and family background may change these guidelines – always talk with your doctor about what's best for you.

Take Charge of Your Health

Use this guide as a checklist. Mark the screenings that apply to you, make appointments, and keep track of your results. Don't wait for symptoms to show up – regular screenings are one of the smartest and most powerful steps you can take for your health.



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