

Screening Guidelines for Women

For the Early Detection of Cancer in Women with No Symptoms

Cancer Site	Ages 15-39	Ages 40-49	Ages 50-64	Ages 65+
Breast	Women should promptly report any breast changes to their health care provider. Breast self-exam (BSE) is an option for women in their 20s. Clinical breast exams (CBE) should be a part of a periodic health exam every three years for women in their 20s and 30s.	Begin annual mammography at age 40. Clinical breast exam every year with monthly breast self-exam.	Annual mammography with yearly clinical breast exam and monthly breast self-exam.	Continue annual mammography with clinical breast exam and monthly breast self-exam.
Cervix	Pap test and pelvic exam every year, or when sexual activity begins.	Pap test and pelvic exam annually. Women who have had three normal test results in a row may get screened every two to three years.	Pap test and pelvic exam annually. Women who have had three normal test results in a row may get screened every two to three years	Pap test and pelvic exam annually. Women who have had three normal test results in a row may get screened every two to three years. Women 70 years of age and older who have had three or more normal Pap tests and no abnormal Pap test in the last 10 years and women who have had a hysterectomy may choose to stop cervical cancer screening.
Colorectal		Digital rectal exam every year.	Fecal occult blood test (FOBT) annually Or Flexible sigmoidoscopy every five years Or Fecal occult blood test and flexible sigmoidoscopy every five years Or Double contrast barium enema (DCBE) every five years Or Colonoscopy every 10 years	
Skin	Monthly mole self-exam. At age 20, begin exam by health care provider every three years.	Monthly mole self-exam; yearly exam by health care provider.	Monthly mole self-exam; yearly exam by health care provider.	Monthly mole self-exam; yearly exam by health care provider.
Endometrial			At the time of menopause, women at average risk should be informed about the risks and symptoms of endometrial cancer and strongly encouraged to report any unexpected bleeding or spotting to their physicians.	
Cancer Related Checkup	On the occasion of a periodic health exam, the cancer-related checkup should include exams for cancers of the thyroid, ovaries, lymph nodes and oral cavity.			
Healthy Living Checkup	Full examination including weight and height, blood pressure, blood sugar test, cholesterol test, vision exam, hearing test and immunizations. Counseling about tobacco use, diet and nutrition, sun exposure, sexual practices and sexually transmitted diseases, risk factors and environmental and occupational exposures are also important.			

“Pop the Question” follows the American Cancer Society guidelines for early detection of cancer in asymptomatic people.