

# Cancer Screening Recommendations

Provided by Hoag Family Cancer Institute, Orange County's highest volume cancer provider and leader in the fight against cancer



## MARCH IS COLORECTAL CANCER AWARENESS MONTH

RECOMMENDED SCREENING	Colonoscopy
FREQUENCY	Every 10 years, beginning at age 50
AUDIENCE	Men and women, age 50 and older, and individuals with a family history of colorectal cancer

### BREAST CANCER

RECOMMENDED SCREENING #1	Mammogram
FREQUENCY	Yearly
AUDIENCE	Women, age 40 and older. (Note: women with a family history of premenopausal breast cancer or who are known BRCA gene carriers may begin mammographic screening prior to age 40 and should consult with their physician.)

RECOMMENDED SCREENING #2	Breast Self Exam (BSE)
FREQUENCY	Monthly
AUDIENCE	Women, age 20 and older

### CERVICAL CANCER

RECOMMENDED SCREENING	PAP Test/Pelvic Exam
FREQUENCY	Yearly until age 30, then every 2-3 years if test results are negative, or woman has low risk of HPV
AUDIENCE	Women, age 21 and older, or 3 years after first intercourse (whichever is first)

### LUNG CANCER

RECOMMENDED SCREENING	Low Radiation Dose Chest CT Scan
FREQUENCY	Yearly
AUDIENCE	Smokers & Former Smokers, age 55-74, with a greater than 30 pack-year* smoking history  *Pack-years refers to the number of years and individuals smoked, multiplied by the number of packs smoked per day.

### PROSTATE CANCER

RECOMMENDED SCREENING	Digital Rectal Exam (DRE) and Prostate Specific Antigen (PSA)
FREQUENCY	Yearly
AUDIENCE	Men, age 50 and older, or men 40 and older who have a family history of prostate cancer or who are of African descent

### SKIN CANCER

RECOMMENDED SCREENING	Skin exam by a Dermatologist
FREQUENCY	Yearly, or every six months, if an individual has a family history of skin cancer
AUDIENCE	Women & Men, starting at age 18, unless a change in shape, size or color of skin is detected

Hoag Family Cancer Institute encourages you to speak with your physician about these screening options and determine the best approach for you. Guidelines may change for individuals with certain risk factors.

**Questions? Call 949-7-CANCER (722-6237).**