

Cancer Screening Guide

These are general guidelines for adults.

Talk with your medical provider about what screening tests you need based on your specific family and health history.

Guidelines are based on current **U.S. Preventive Services Task Force (USPSTF)*** recommendations.

	Cancer Type	Age				
		21–29 years	30–39 years	40–49 years	50–65 years	66+ years
Women	Breast			Ask your medical provider about your risk.	Mammogram every 2 years (until age 74)	
	Cervical	Pap test every 3 years	Pap test every 3 years or Pap test with high-risk HPV test every 5 years or High-risk HPV test every 5 years			
Men & Women	Colorectal				Colonoscopy every 10 years or Stool test every 1 to 3 years or Sigmoidoscopy every 5 years (or 10 years with annual stool test) or CT Colonography every 5 years (until age 75)	
	Lung				Annual imaging screening for current or former smokers** (ages 55–80)	
	Skin	Routine screening (whole body skin examination) is not recommended for all adults. Ask your medical provider about your risk and any unusual skin changes.				
Men	Prostate				Ask your medical doctor about your risk and the benefits and harms of screening by prostate-specific antigen (PSA) testing. (ages 55–69)	

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* This is a summary of the current U.S. Preventive Services Task Force (USPSTF) recommendations for preventive cancer screenings. The USPSTF is an independent group of national experts in prevention and evidence-based medicine. The recommendations apply to people with **no signs or symptoms** of these diseases.

More information can be found at: www.uspreventiveservicestaskforce.org

Other national organizations may have other recommendations for screening. Talk with your medical provider about what screening tests you need based on your specific family and health history.

** Current heavy smokers or those who have quit within the past 15 years are eligible.

History of heavy smoking = 2 packs of cigarettes a day for 15 years, or 1 pack of cigarettes a day for 30 years, or ½ pack of cigarettes a day for 60 years.

For more information, contact the Vermont Department of Health Comprehensive Cancer Control Program:
phone (toll-free in VT): **1-866-331-5622** • website: healthvermont.gov/wellness/cancer