

# Get your tests!

Recommended cancer testing can help save your life.  
Ask your doctor or nurse about these tests.

## Recommended Cancer Screening Tests

25 to 39 Years	40 to 49 Years	50+ Years	GLOSSARY
<p><b>Colorectal Cancer Screening</b> Find out if you are at high risk for colon or rectal cancer. If not, then no screening is needed at this time.</p>	<p><b>Colorectal Cancer Screening</b> Start regular screening at age 45, and continue through age 75. For people ages 76 to 85, the decision to be screened should be based on their preferences, life expectancy, overall health, and prior screening history. Several types of tests can be used. Talk with a health care provider about which tests are best for you. No matter which test you choose, the most important thing is to get screened.</p>		<p><b>Colorectal Cancer Screening</b> These tests can help prevent colorectal cancer or find it early when it may be easier to treat. Colorectal cancer can be prevented by finding and removing a polyp before it becomes cancer.</p>
<p><b>Prostate Cancer Screening</b> No screening is needed at this time.</p>	<p><b>Prostate Cancer Screening</b> Starting at age 45, men at high risk, all Black men, and men with close family members who had prostate cancer before age 65 should discuss the potential risks and benefits of screening with a health care provider. Men at even higher risk (those with more than one first-degree relative who had prostate cancer before the age of 65) should have that discussion with a health care provider starting at age 40. They should then decide if they want to be screened with a PSA blood test with or without a digital rectal exam.</p>	<p><b>Prostate Cancer Screening</b> At age 50, men who are at average risk of prostate cancer and are expected to live at least 10 more years should talk with a health care provider about the potential risks and benefits of screening to decide if screening is right for them. If they decide to be screened, they should have a PSA blood test with or without a digital rectal exam. They should talk to their doctor about how often they will get screened.</p>	<p><b>Prostate Cancer Screening</b> Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, in addition to other conditions. With a digital rectal exam, a health care provider checks the prostate for lumps or abnormal size.</p>
<p><b>Breast Cancer Screening</b> Find out if you are at high risk for breast cancer. If not, screening is not needed at this time. Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.</p>	<p><b>Breast Cancer Screening</b> Women ages 40 to 44 should have the choice to start breast cancer screening with mammograms every year if they wish to do so. Starting at age 45, they should get a mammogram every year.</p>	<p><b>Breast Cancer Screening</b> Get a mammogram every year between the ages of 45 and 54; then at 55, you can switch to mammograms every 2 years, or continue yearly screening. Screening should continue as long as you are in good health and are expected to live at least 10 more years.</p>	<p><b>Mammogram</b> A screening mammogram is an x-ray of the breast that is used to help look for signs of breast cancer in women who don't have any breast symptoms or problems.</p>
<p><b>Cervical Cancer Screening</b> People ages 25 to 65 years old who have a cervix should get a primary HPV test every 5 years. If a primary HPV test is not available, get a co-test every 5 years or a Pap test alone every 3 years. People ages 66 and older who have had regular cervical cancer screening in the past 10 years with normal results should not be screened. People who have had serious cervical precancer should be screened for at least 25 years after that diagnosis, even if screening continues past age 65 years. People whose cervix and uterus were removed by surgery should stop screening unless the surgery was done to treat cervical cancer or a serious precancer. People who have been vaccinated against HPV should still follow the screening recommendations for their age groups.</p>			<p><b>Pap Test</b> The Pap test checks for cell changes or abnormal cells in the cervix. <b>HPV Test</b> The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test. <b>Primary HPV test</b> An HPV test that is done by itself for screening <b>Co-testing</b> Testing with an HPV test and a Pap test</p>
		<p><b>Lung Cancer Screening</b> If you currently smoke or used to smoke, are ages 50 to 80, and are at high risk for lung cancer because of a 20-pack or more a year history of cigarette smoking, you might benefit from screening for lung cancer with a yearly low-dose CT scan.</p>	<p><b>Lung Cancer Testing</b> People who smoke or used to smoke are at higher risk for lung cancer. Talk to a health care provider about your risk for lung cancer, and the possible benefits, limitations, and harms of getting screened for early lung cancer.</p>

Insurance typically covers prevention and screening services. Please check to confirm your specific health care benefits. If you do not have insurance or cannot afford screening, visit [cancer.org/getscreened](https://cancer.org/getscreened) for more information.

**Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.**

You may need to begin screening for some cancers earlier or be screened more often if you have certain risk factors. Talk to your doctor about this.

[cancer.org](https://cancer.org) | 1.800.227.2345