

# Cancer screening exams

## CHECKLIST FOR WOMEN

**Take this checklist to your next doctor appointment.** Your doctor can help you develop a more tailored screening plan if needed.

### AGES 21-29

- Consider a **clinical breast exam** every one to three years to check for breast cancer, starting at age 25
- Pap test** every three years to check for cervical cancer

### AGES 30-39

- Consider a **clinical breast exam** every one to three years to check for breast cancer
- Pap test and HPV test** every five years to check for cervical cancer and HPV

### AGES 40-49

- Mammogram and clinical breast exam** every year to check for breast cancer
- Pap test and HPV test** every five years to check for cervical cancer and HPV

### AGES 50 AND OLDER

- Mammogram and clinical breast exam** every year to check for breast cancer
- Pap test and HPV test** every five years to check for cervical cancer and HPV. MD Anderson doesn't recommend screening after age 65.
- Colonoscopy** every 10 years or **virtual colonoscopy** every five years to check for colorectal cancer. If you're age 76 to 85, your doctor can help you decide if you should continue screening. MD Anderson does not recommend screening after age 85.



**Regardless of your age, practice awareness.**

This means you should be familiar with your body so that you will notice changes. Report them to your doctor without delay.

Our cancer prevention specialists are experts in cancer risk reduction and early detection.

**Appointments available  
713-745-8040**

THE UNIVERSITY OF TEXAS  
**MD Anderson  
Cancer Center**

Making Cancer History®

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## CHECKLIST FOR MEN

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### AGES 45-49

- Speak with your health care provider** about the benefits and risks of prostate screening.
- If you choose prostate cancer screening, begin at age 45 with a baseline **PSA test**. Strongly consider a baseline **digital rectal exam**. Continue testing as indicated by your previous test results.

### AGES 50-74

- If you choose prostate cancer screening, continue testing as indicated by your previous test results.
- Colonoscopy** every 10 years or **virtual colonoscopy** every five years to check for colorectal cancer.

### AGES 75 AND OLDER

- If you are age 75 or older, your doctor can help you decide if you should continue screening for prostate and colorectal cancers.
- MD Anderson does not recommend screening for prostate and colorectal cancers after age 85.

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