

## WHY BE SCREENED FOR CANCER?



Screening can detect cancer early which is important because when abnormal tissue or cancer is found early, it may be easier to treat. By the time cancer symptoms appear, cancer may have begun to spread to other organs in the body making it harder to treat.

Examples of cancer screening tests are the mammogram for breast cancer, colonoscopy and FIT (Fecal Immunochemical Test) for colon cancer, the Pap Smear and HPV (Human Papillomavirus) tests for cervical cancer and the DRE (Digital Rectal Exam) and PSA (Prostate-Specific Antigen) tests for prostate cancer.

Screening can also include checking for risk of developing an inherited disease by doing a genetic test.



**Missouri Comprehensive Cancer Control Program**  
[Health.Mo.Gov/cancer](http://Health.Mo.Gov/cancer)

## CANCER INFORMATION AND RESOURCES

Many organizations provide extensive information on issues related to cancer such as health care, financial planning, social and emotional support, physical needs, and nutritional needs.

**Missouri Comprehensive Cancer Control Program**  
[Health.Mo.Gov/cancer](http://Health.Mo.Gov/cancer)

**American Cancer Society**  
[Cancer.org](http://Cancer.org)

**Cancer Information Service**  
[Cancer.gov/contact](http://Cancer.gov/contact)

**CDC - Cancer Prevention and Control**  
[CDC.gov/cancer](http://CDC.gov/cancer)

**Missouri Cancer Consortium**  
[CancerNMO.org](http://CancerNMO.org)

**National Cancer Institute**  
[Cancer.gov](http://Cancer.gov)

**National Comprehensive Cancer Control Program**  
[CDC.gov/cancer/ncccp](http://CDC.gov/cancer/ncccp)

**R.A. Bloch Cancer Foundation, Inc**  
[BlochCancer.org](http://BlochCancer.org)

**Show Me Healthy Women**  
[Health.Mo.Gov/living/healthcondiseases/chronic/showmehealthywomen](http://Health.Mo.Gov/living/healthcondiseases/chronic/showmehealthywomen)



**Bureau of Cancer and Chronic Disease Control**  
**Missouri Department of Health and Senior Services**  
P.O. Box 570, Jefferson City, MO 65102-0570  
Phone: **573-522-2806** or Toll Free: **866-726-9926**  
Fax: **573-522-2898** Email: [info@health.mo.gov](mailto:info@health.mo.gov)



# CANCER SCREENING

HERE'S WHAT YOU NEED TO KNOW



MISSOURI DEPARTMENT OF  
**HEALTH & SENIOR SERVICES**

# RECOMMENDED SCREENING GUIDELINES

Discuss screenings with your provider\*

WOMEN	AGE	LUNG	BREAST	COLORECTAL	SKIN	CERVICAL	OVARIAN
<p><i>High-risk groups of any age: discuss all screenings with provider</i></p>	20	<p><b>50-80</b> Current smoker, those who quit within the past 15 years or those with a 20 pack smoking history should discuss LDCT scan with provider</p>	<p><b>High-risk groups</b> of any age: discuss all screenings with provider</p>	<p><b>High-risk groups</b> of any age: discuss all screenings with provider</p>	<p><b>High-risk groups</b> of any age: discuss frequency of skin exams with provider</p>	<p><b>21-29</b> PAP smear test every 3 yrs</p>	<p><b>High-risk groups</b> of any age: discuss TVU/CA-125 screenings options with gynecologist oncologist</p> <p><b>21+</b> Pelvic exam. Discuss need and frequency with provider</p>
	30		<p><b>40-49</b> Annual CBE &amp; mammogram</p>	<p><b>45-75</b> FOBT/FIT stool test every year; or colonoscopy every 10 years; or sigmoidoscopy every 5 years*</p>	<p><b>All age groups:</b> Self exams to become familiar with skin norms and changes. Discuss skin changes with provider</p>	<p><b>30-65</b> PAP smear only every 3 yrs or PAP with HPV test every 5 yrs</p>	
	40		<p><b>50-74</b> Every 1-2 years CBE &amp; mammogram*</p>	<p><b>78-85</b> Discuss with provider</p>		<p><b>65+</b> Discuss with provider</p>	
	50						
	60						
	70						
	80						
	80+						

MEN	AGE	LUNG	PROSTATE	COLORECTAL	SKIN	<p><b>SCREENING ABBREVIATIONS:</b></p> <p><b>BREAST</b> CBE: Clinical Breast Exam</p> <p><b>COLORECTAL</b> FIT: Fecal Immunochemical Test FOBT: Fecal Occult Blood Test</p> <p><b>CERVICAL</b> HPV: Human Papillomavirus</p> <p><b>LUNG</b> LDCT: Low-dose Computed Tomography</p> <p><b>OVARIAN</b> TVU: Transvaginal Ultrasound</p> <p><b>PROSTATE</b> DRE: Digital Rectal Exam PSA: Prostate-specific Antigen</p>	
<p><i>Early detection is your best defense</i></p>	20	<p><b>50 -80</b> Current smoker, those who quit within the past 15 years or those with a 20 pack smoking history should discuss LDCT scan with provider</p>	<p><b>High-Risk 40-45</b> Begin PSA/DRE screenings with provider</p> <p><b>Average Risk 50</b> Begin PSA/DRE screening discussions with provider</p> <p>Continue screening discussions with provider</p>	<p><b>High-risk groups</b> of any age: discuss all screenings with provider</p>	<p><b>High-risk groups</b> of any age: discuss frequency of skin exams with provider</p>		
	30			<p><b>45-75</b> FOBT/FIT stool test every year; or colonoscopy every 10 years; or sigmoidoscopy every 5 years*</p>	<p><b>All age groups:</b> Self exams to become familiar with skin norms and changes. Discuss skin changes with provider</p>		
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	70						
	80						
	80+						

\*United States Preventive Services Task Force