

Cancer Screening at Any Age

Cancer can affect anyone, regardless of age. That's why Texas Oncology recommends screening exams to help diagnose cancer at its earliest stages, when it is most treatable. The guidelines below are a great place to start.

Adults at Every Age

- Stay aware of your individual cancer risk, which may be higher in people who smoke or drink, have a family history of cancer, or have certain genetic profiles associated with specific cancer types.
- Screening age depends on a patient's medical history. You should consult a physician to make an informed decision about your screening schedule.
- Watch for changes to your skin, including changing or growing moles, skin markings, and freckles.

20s

- Women in their 20s should have a clinical breast exam (CBE) every 1 to 3 years.
- Starting in their 20s, women should have a Pap test to screen for cervical cancer every 3 years, regardless of whether they received an HPV vaccine. The U.S. Preventative Services Task Force (USPSTF) also recommends a human papillomavirus (HPV) test once every 5 years.

30s

- Women in their 30s should have a CBE every 1 to 3 years.
- Women at high risk for breast cancer should discuss screening options with their physician, including mammograms and MRI screenings.
- Women should continue Pap tests to screen for cervical cancer every 3 years, regardless of HPV vaccination status. The USPSTF recommends an HPV test once every 5 years.

40s

- Women in their 40s are at increased risk for breast cancer and should consult their physician about recommended timing and appropriate screenings, such as an annual mammogram, CBE, and MRI screening.
- Women in their 40s should continue to have a Pap test every 3 to 5 years and an HPV test every 5 years.
- Men at high risk of prostate cancer, such as those with a family history, should discuss with their physician whether screenings are appropriate starting at age 45.
- Colorectal cancer screening is recommended at age 45 for both men and women; however, individuals at increased risk should consult a physician about screening earlier. Regular colorectal screening should continue through age 75.

50s through 70s

- Women age 50 and older should have a mammogram and a CBE every 1 to 2 years, and in some cases, additional imaging such as an MRI.
- Women in their 50s should continue their Pap test and HPV testing every 5 years. Patients at higher risk for cervical cancer should have a Pap test every 3 years.

50s through 70s (continued)

- Beginning at 50, men should discuss the benefits and risks of prostate cancer screening with their physician. Screening may involve a prostate-specific antigen (PSA) blood test and a digital rectal examination (DRE).
- People ages 50–70 who have smoked on average a pack of cigarettes daily for 20 years, who currently smoke, or quit within the past 15 years, are at a higher risk for lung cancer and should consider screening.

80s and Beyond

- Both men and women age 80 and older should consult a physician about appropriate cancer screenings.

About Texas Oncology

Founded in 1986, Texas Oncology is an independent, physician-led practice and a member of the US Oncology Network. With more than 550 physicians and 300 locations across Texas, Texas Oncology serves over 250,000 cancer patients each year.

Texas Oncology provides advanced care across 19 specialties and offers a comprehensive clinical trials and research program that has contributed to the development of more than 100 FDA-approved cancer therapies. Learn more at [TexasOncology.com](https://www.texasoncology.com).