

# When To Have Cancer Screening

Finding cancer early can save your life. Screening can be done for some dangerous cancers such as colorectal, lung, breast, cervical and prostate cancer.

## What You Can Do To Prevent Cancer

- Eat healthy
- Get active
- Be safe in the sun, use sunblock
- Limit alcohol
- Do not smoke or use tobacco
- Know yourself, your family history, and your risks
- Get cancer screening tests
- Vaccinate against Human Papilloma Virus (HPV)

**Ask your doctor today about how you can screen for these top cancers.**

## Colorectal Cancer (Men and Women)

Age	What To Do	How Often
45 and older	Have a Colonoscopy	Every 10 years
45 and older	Do Stool Testing	Every 1 to 3 years

## Lung Cancer (Men and Women)

Age	What To Do	How Often
55 to 80	Have a lung screening if you now smoke or you quit smoking in the last 15 years.	Every year

## Breast Cancer Screening: Women

Age	What To Do	How Often
18 to 49	Ask about a breast cancer risk assessment	Every 1 to 2 years
40 to 49	Talk to your doctor about a Mammogram	Every 1 to 2 years
50 and older	Have a Mammogram	Every 1 to 2 years

## Cervical Cancer Screening: Women

Age	What To Do	How Often
21 to 29	Get a Pap smear	Every 3 years
30 to 65	Get a Pap smear and HPV test	Every 5 years

## Prostate Cancer Screening: Men

Age	What To Do	How Often
40 and older	Ask your doctor about your risk	At regular check-ups

**For more information:** <https://www.cancer.org/healthy.html>