

Cancer Screenings for General Population



Cancer Type	Who	Age	Test	How Often
Breast Cancer	Women	40	Mammogram	Yearly
	Schedule by calling 402.559.2500 or visit NebraskaMed.com/Mammo .			
Cervical Cancer	Women	21 to 29	PAP test	Every 3 years
		30 to 65	PAP and HPV testing	Every 3 to 5 years until age 65
		Stop at age 65 if previous tests were normal or after a hysterectomy (removal of the cervix).		
Schedule by calling 800.922.0000 .				
Colon Cancer	Men and women	45	FIT test	Every year
			FOBT test	Every year
			Stool DNA test (Cologuard®)	Every 3 years
			Colonoscopy	At least every 10 years, depends on findings
Talk to your doctor about screening options.				
Lung Cancer	Men and women	50 to 80	Low-dose CT scan	Yearly
		20 or more pack years of smoking*		
Schedule by calling 402.559.5600 .				
Prostate Cancer	Men	45 to 70	Digital rectal exam (DRE) and prostate-specific antigen (PSA)	Talk to a health care provider about risks and benefits
Skin Cancer	Men and women		Self-skin exam	Monthly
	Schedule by calling 800.922.0000 .			

Resources: National Comprehensive Cancer Network, American Cancer Society

*Pack years of smoking is the number of packs of cigarettes per day multiplied by the number of years smoked. For example, someone who smoked two packs a day for 10 years (2 packs x 10 years = 20) has 20 pack years of smoking, as does a person who smoked one pack a day for 20 years (1 pack x 20 years = 20).

Here are some ways to lower your risk for cancer:



Recommend at least annual follow up with your **primary care provider**.



Recommend achieving and maintaining a **healthy weight** (goal body mass index is 20 to 25). Greater body mass index is a cause of at least 12 cancers.



Diet – recommend a diet high in vegetables, fruits, whole grains and legumes (beans). Avoid fast foods, processed meats and sugar-sweetened beverages. Limit red meat intake to less than 12 to 18 ounces per week.



Physical activity – move more, sit less. Strive to exercise at least 150 minutes moderately (go for a brisk walk) or 75 minutes vigorously (go for a run or high-intensity cross-training class) per week and include strength training exercises at least twice weekly.



Alcohol – there is strong evidence that drinking alcohol is a cause of six different cancers. The less alcohol you drink, the lower your risk of cancer.



Tobacco – recommend avoiding tobacco products. Ask for resources for smoking cessation.



Sun exposure – avoid sun exposure whenever possible by wearing protective clothing and a hat. Apply 1 ounce 30 SPF or higher of broad-spectrum sunscreen every 80 minutes while outside, even on cloudy days.



Check out the **American Institute for Cancer Research's Cancer Health Check** to see what you can do to protect yourself.

If you have a family history of cancer, your provider may recommend getting screened sooner or more frequently.

Consider talking to your provider about genetic testing and early cancer screenings if:

- Anyone in your family was diagnosed with cancer younger than age 50
- 3 or more relatives with the same type of cancer
- You or any of your family members have had ovarian cancer, triple-negative breast cancer, pancreas cancer, prostate cancer that has spread, or male with breast cancer
- 3 or more relatives on the same side of the family with colon and/or uterine cancer
- 3 or more relatives on the same side of the family with breast, prostate or ovarian cancer
- You or any of your family members have had 10 or more colon polyps (in a lifetime)

If you meet any of the above criteria, consider self-referring to the **Cancer Risk and Prevention Clinic** by calling **402.559.5600**.