

Cancer Screenings for General Population

Screening guidelines may change from time to time. Please work with your primary care provider to establish a screening schedule that is right for you.

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 20 or more pack years of smoking*	Low-dose CT scan	Yearly
	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
	Make an informed decision with a health care provider about whether to be tested.			
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).



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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.



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