

RECOMMENDED CANCER SCREENING GUIDELINES

These guidelines are based on the combined recommendations of the American Cancer Society, National Cancer Institute, U.S. Preventative Services Task Force, 2005, and The Methodist Hospital Cancer Program.

WOMEN AND MEN

AGES 20-39

AGE 40+

Colon and Rectal Cancer*

Flexible Sigmoidoscopy	Physician directed	Physician directed every 5 years beginning at age 50
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Skin Cancer

Skin Exam	Every 3 years	Annually
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WOMEN

AGES 20-39

AGE 40+

Breast Cancer

Breast Self-Exam	Monthly	Monthly
Clinical Breast Exam	Annually	Annually
Mammogram	Physician directed	Annually

Cervical Cancer

Pelvic Exam	Annually	Annually
Pap Test	Annually, beginning at age 18 or earlier. Physician directed	Annually

MEN

AGES 20-39

AGE 40+

Prostate Cancer

Prostate Specific	Physician directed	40+ begin annually
Digital Rectal Exam (DRE)	Physician directed	40+ begin annually

* Individuals with a family history of colon cancer should begin screening 10 years prior to the date the youngest relative was diagnosed with colon cancer. To learn more about cancer services available at The Methodist Hospital System, visit www.methodisthealth.com/cancer or call **866-618-3352**.