



Age Appropriate Screening Guidelines		
for Average Risk Adults		
Advise patients on nutrition, physical activity and tobacco use		
Clinical Breast Exam (CBE)	20-39 yrs	Every 3 years
	40 yrs +	Annually
Mammogram	35 yrs	Baseline mammogram
	40 yrs +	Annually
Pap Test	> 30 yrs	Annually
	30 yrs +	Every 1-3 years, talk to your doctor
Prostate specific antigen test & digital rectal exam	50 yrs +	Offer annually and assist informed decisions
Body Mass Index (target: under 25)	All	Each regular visit
Blood Pressure (target: under 120/80)	20 yrs +	Each regular visit; every 2 years
Lipid Profile (target: under 200)	20 yrs +	Every 5 years
Blood Glucose Test (target: 80 to 120)	45 yrs +	Every 3 years
Flu vaccination	50 yrs +	Annually
For full information about the above screening guidelines visit: www.cancer.org or www.everydaychoices.org		

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They know how to prevent **colon cancer** – and you can, too.
Take a look inside.

Colorectal Cancer Screening Guidelines:
50 Years of Age and older - ONE of the following testing schedules:

Tests More Likely to Detect Polyps and Cancer



- Flexible sigmoidoscopy every 5 years
- Colonoscopy every 10 years
- Double contrast barium enema every 5 years
- CT colonography (virtual colonoscopy) every 5 years

Tests Primarily Effective in Finding Cancer Early

- Guaiac-based fecal occult blood tests (gFOBT) every year*
- Fecal immunochemical test (FIT) every year*
- Stool DNA (sDNA), interval uncertain

**For gFOBT or FIT used as a screening tests, the take-home multiple sample method should be used.*

For more provider and patient resources, go to:
www.cancer.org/colonmd

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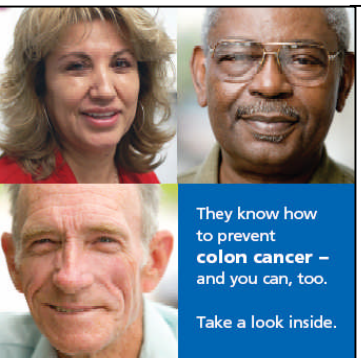
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