



The Power to Change Your Life

American Cancer Society Screening Guidelines

The following cancer screening guidelines are for people at average risk for cancer and with no symptoms. Cancer screening guidelines for higher risk patients can be accessed by calling 1-800-ACS-2345 or by logging on to www.cancer.org.



MEN ONLY

20 Years of Age to 44:

- Every three years:
 - Examination for cancer of the thyroid, oral cavity, skin, lymph nodes, and testes

45 Years of Age to 49 (the above, plus):

- Every year:
 - Both Prostate-specific antigen (PSA) and Digital Rectal Examination (DRE) should be offered to men at high risk for prostate cancer (African American men and men with a father, brother or son with prostate cancer at a young age).

WOMEN ONLY

20 Years of Age to 35:

- Every 3 years:
 - Examination for cancer of the thyroid, oral cavity, skin lymph nodes, and ovaries
 - Breast clinical physical examination [Any breast changes should be reported to the physician without delay. BSE (breast self-exam) is an option.]

- ONE of the following:

- Yearly regular Pap test
- Every other year liquid Pap test (after 3 normal tests in a row, either test every 2 to 3 years unless high risk; at 70 years of age and older, those who also have had no abnormal Pap tests in the last 10 years may choose to stop).

35 Years of Age to 39 (all of the above, plus):

- Every Year:
 - If at high risk for hereditary nonpolyposis colon cancer (HNPCC), yearly screening offered for endometrial cancer with endometrial biopsy.

WOMEN ONLY (Continued)

40 Years of Age to 49 (all of the above, plus):

- Every year:
 - Mammogram and continue as long as the woman is in good health

MEN AND WOMEN

50 Years of Age and older (all of the above per gender, plus):

- ONE of the following testing schedules:

Tests That Are 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 That Are 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*

* Colonoscopy should be done if test results are positive

** For gFOBT or FIT used as a screening tests, the take-home multiple sample method should be used. A gFOBT or FIT done during a digital rectal exam in the doctor's office is not adequate for screening.

FOR MEN AND WOMEN...

Talk to your doctor about what colorectal cancer screening tests are right for you!

Take the **Great American Health Check**. In just five minutes, you will get a personalized health plan to share with your doctor. Visit www.cancer.org/healthcheck.

Did you know that you can make choices to help prevent cancer, diabetes, heart disease and stroke? Visit www.everydaychoices.org to find out how.



Medicare Prevention Services



Medicare Part B Covered Services	Who is covered?
<p>Welcome to Medicare Visit: The exam will include a thorough review of your health, education and counseling about the preventive services you need, like certain screenings and shots, and referrals for other care.</p>	<p>If your Medicare Part B coverage begins on or after January 1, 2005, Medicare will cover a one-time preventive physical exam within the first six months that you have Part B.</p>
<p>Colorectal Cancer Screening: Fecal Occult Blood Test: Once every 12 months Flexible Sigmoidoscopy: Once every 48 months Colonoscopy: Once every 10 years but not within 48 months of a screening flexible sigmoidoscopy. Once every 24 months if you are at risk for colon cancer. Barium Enema: Your doctor can use this instead of a flexible sigmoidoscopy or colonoscopy.</p>	<p>All people with Medicare age 50 or older except there is no minimum age for colonoscopy.</p>
<p>Mammography Screening: Once every 12 months (11 months must have elapsed from the last screening). Medicare also covers new digital technologies for mammogram screening.</p>	<p>All women with Medicare age 40 and older. You can also get a baseline mammogram between ages 35 and 39.</p>
<p>Pap Test and Pelvic Exam (includes a clinical breast exam): Once every 24 months. Once every 12 months if you are at high risk for cervical or vaginal cancer, or if you are of childbearing age and have had an abnormal Pap test in the past 36 months.</p>	<p>All women with Medicare.</p>
<p>Prostate Cancer Screening: Digital Rectal Examination: Once every 12 months Prostate Specific Antigen (PSA) Test: Once every 12 months</p>	<p>All men with Medicare age 50 and older (coverage begins the day after your 50th birthday).</p>
<p>Cardiovascular Screening: Medicare covers cardiovascular screenings that check your cholesterol and other blood fat (lipid) levels. High levels of cholesterol can increase your risk for heart disease and stroke.</p>	<p>Medicare will cover these tests every five years.</p>
<p>Diabetes Screening: Medicare covers a screening blood sugar test to check for diabetes. You are considered at risk if you have any of the following: high blood pressure, history of abnormal cholesterol, obesity, or a history of high blood sugar.</p>	<p>If you are at risk for diabetes, you may be eligible for up to two screenings a year.</p>
<p>Shots: Flu, Pneumococcal, Hepatitis B All adults 65 and older should get flu and pneumococcal shots. People with Medicare who are under 65 but have chronic illness should get a flu shot. People at medium to high risk for Hepatitis B should get Hepatitis B shots.</p>	<p>Flu is covered one a year in fall or winter. Pneumococcal and Hepatitis B are usually only needed once in a lifetime.</p>
<p>Smoking and Tobacco Use Cessation Counseling Medicare provides counseling to beneficiaries who use tobacco and have a disease or adverse health effect linked to tobacco use or take certain therapeutic agents whose metabolism or dosage is affected by tobacco use.</p>	<p>Medicare beneficiaries who use tobacco and have a disease or adverse health effect linked to tobacco use or take certain therapeutic agents whose metabolism or dosage is affected by tobacco use..</p>

Co-pays and deductibles may apply. For more information on Medicare coverage, contact Medicare at 1.800.MEDICARE or www.medicare.gov. Source: U.S. Department of Health and Human Services, Centers for Medicare & Medicaid Services; www.medicare.gov/Publications/Pubs/pdf/10110.pdf