



The best protection
is early detection

For more information on Blue Cross and Blue Shield of Florida's Better You From Blue: *Next Steps Program*, contact us:

NextSteps@bcbsfl.com
or call **1-800-937-9285, ext. 54837**



67485-1108SU



American Cancer Society

Screening Guidelines



American Cancer Society Tests to Find Cancer Early

Ask your doctor or nurse about these tests

Cancer Type	Who	When	What	How Often
Breast Cancer	Women*	Starting at age 20	<ul style="list-style-type: none"> If you notice any change in your breasts (ex. a lump), tell your doctor or nurse right away. Do breast self-exams (BSE) find breast changes Have an exam of your breast done by a doctor or nurse. 	Every year Every 3 years
		Starting at age 40	<ul style="list-style-type: none"> Have a mammogram (x-ray) of your breasts and An exam of your breast by a doctor or nurse 	Every year Every year
Cervical Cancer	Women**	Starting about 3 years after you start having sex but no later than age 21	Have ONE of the following: <ul style="list-style-type: none"> The regular Pap test <i>OR</i> The newer liquid Pap test 	Every year Every 2 years
		Starting at age 30	If you have had 3 normal Pap tests in a row, you may have: <ul style="list-style-type: none"> The regular or liquid Pap test <i>OR</i> Pap test with new HPV test If you have NOT had 3 normal Pap tests in a row, then continue with your Pap tests every 1 to 2 years	Every 2 to 3 years Every 3 years
Prostate Cancer	African American men <i>OR</i> men with a close family member with prostate cancer before age 65	Starting at age 45	<ul style="list-style-type: none"> Have a blood test to check your PSA (prostate-specific antigen) and a rectal exam to check your prostate gland 	Every year
	All other men	Starting at age 50	Your doctor should offer you a blood test to check your PSA in your blood and a rectal exam to check your prostate gland. Your doctor should talk to you about how you might or might not benefit from prostate cancer testing so you can decide if you want to be tested.	Every year
Colon Cancer	Men and Women*	Starting at age 50	Have ONE of the following tests done: <ul style="list-style-type: none"> Test to check for blood in your stool <i>OR</i> Test to look into the lower part of the colon (flexible sigmoidoscopy) <i>OR</i> Test to check for blood in your stool each year and a flexible sigmoidoscopy <i>OR</i> An x-ray of the colon (barium enema) <i>OR</i> A test to look into the entire colon (colonoscopy) Your doctor or nurse will help you decide which one of these tests are best for you. 	Every year Every 5 years Every 5 years Every 5 years Every 10 years
Other Cancers	Women	Starting at age 20	Your doctor or nurse should check your thyroid gland, mouth, skin, lymph nodes and ovaries.	Whenever you have a regular check-up
Other Cancers	Men	Starting at age 20	Your doctor or nurse should check your thyroid gland, mouth, skin, lymph nodes and testicles.	Whenever you have a regular check-up

* You may need to begin testing for colon cancer or breast cancer earlier or be tested more often if you are more likely than other people to have these cancers. Talk to your doctor about this.

** If you have had a hysterectomy (your uterus and cervix has been removed), you may choose to stop having the Pap test, unless the surgery was for cancer. If you are 35 or older and have had an inherited type of colon cancer called HNPCC or someone in your family has had this type of cancer, then you may need to be tested each year for cancer of the endometrium (the lining of your uterus). This testing is done with a biopsy.

Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister or children have had cancer.