



What is Screening?

Screening detects cancer early in symptom-free individuals, allowing timely treatment.



Screening Guidelines for Men

- **Colorectal Cancer**

Colonoscopy, starting at age 50, every 10 years

- **Prostate Cancer**

PSA blood test, starting at age 50, every 2 years



Screening Guidelines for Women



Cervical Cancer

Pap smear, starting at age 21, every 3 years



Breast Cancer

Mammography, starting at age 40, annually



Colorectal Cancer

Colonoscopy, starting at age 50, every 10 years

Screening for High-Risk Individuals

Breast Cancer

BRCA mutation/family history → Mammography & genetic counseling (40+, annually)

Colorectal Cancer

Family history → Colonoscopy (40+, every 5 years)

Lung Cancer

Heavy smokers (20+ pack-years) → Low-dose CT (50+, annually)

Prostate Cancer

Family history → PSA & Digital Rectal Exam (45+, annually)

Oral Cancer

Tobacco users → Oral visual exam (30+, annually)

Explanations

- The PSA test checks for prostate-specific antigen, which can indicate prostate cancer or other prostate issues.
- The digital rectal exam (DRE) allows the doctor to feel the prostate through the rectum to check for abnormalities.
- The Pap smear collects cells from the cervix to screen for signs of cervical cancer in women.
- Mammography uses X-rays to detect breast cancer by identifying lumps or abnormalities in the breast tissue.
- A colonoscopy uses a flexible tube with a camera to check the colon for polyps or other growths that could be signs of colorectal cancer.
- Low-dose CT scans of the lungs can help detect lung cancer early, especially in heavy smokers.
- An oral visual examination allows the doctor to check the inside of the mouth for signs of oral cancer, such as sores, white or red patches, or lumps.

Why Screening Matters

Early Detection

Detects cancer early, improving treatment success

Reduced Mortality

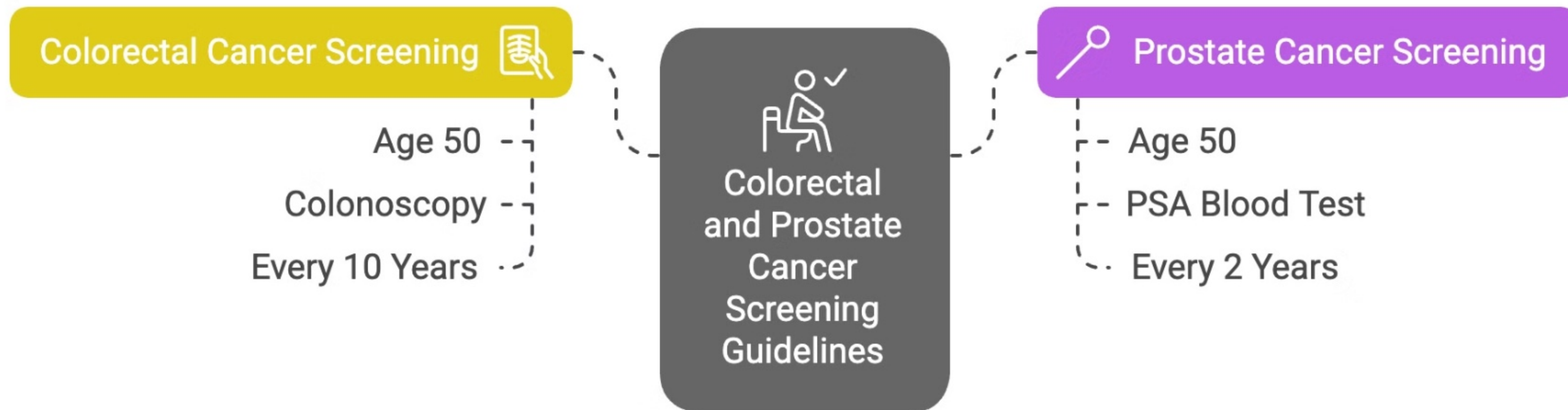
Reduces mortality rates through timely intervention

Empowerment

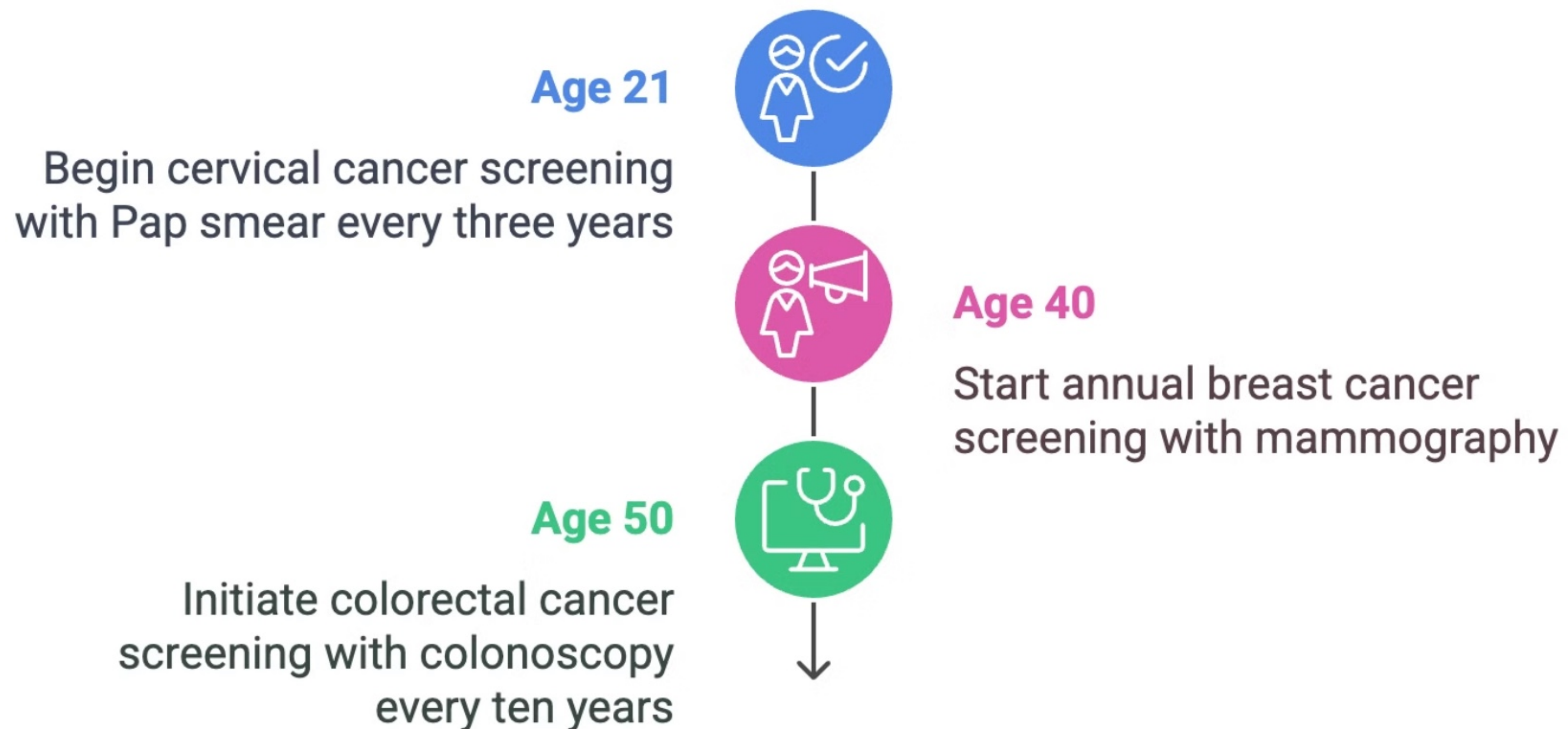
Empowers individuals with proactive health management

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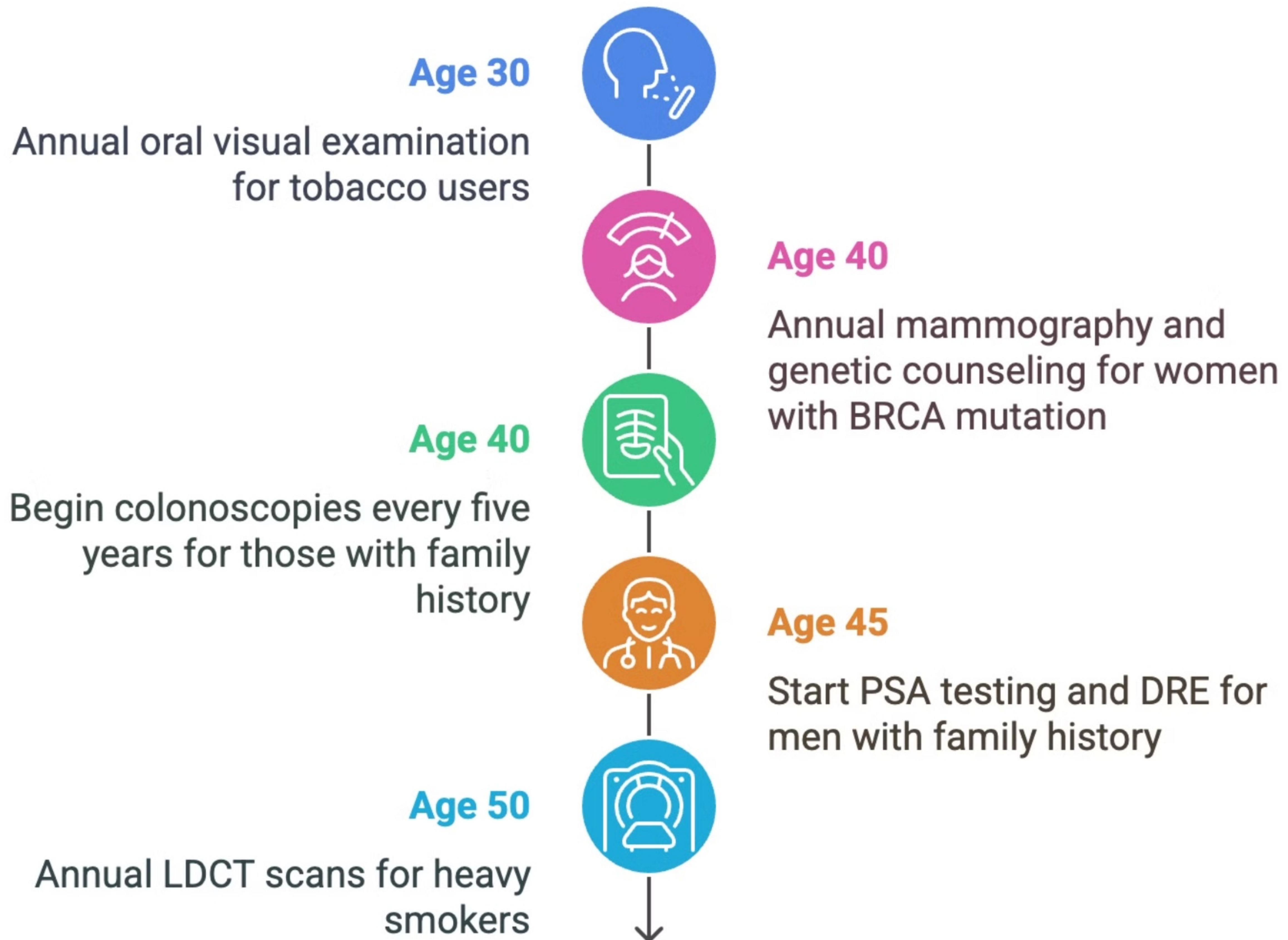
Cancer Screening For Men



Cancer Screening for Women



Enhanced Screening Guidelines for High-Risk Individuals



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