

HEALTH SCREENINGS

Breast Cancer Screening

Women who are 50 to 74 years old and are at average risk for breast cancer should get a mammogram every two years. Women who are 40 to 49 years old should talk to a doctor or other health care professional about when to start and how often to get a mammogram. Women should weigh the benefits and risks of screening tests when deciding whether to begin getting mammograms before age 50.



Did You Know?

- Screening means checking for cancer before symptoms are present.
- Getting screening tests as recommended may find breast, cervical, colon and lung cancers early, when treatment is likely to work best.
- Routine screening for diabetes, high blood pressure and cholesterol are also important, as cancer survivors are often at higher risk for developing chronic diseases.

Cervical Cancer Screening

Women aged 21 to 29 should receive a Pap test every three years. Women aged 30 to 65 years should talk to a health care provider about which testing option is appropriate - a Pap test, a Human Papillomavirus (HPV) test, or an HPV and Pap test (called a co-test). Women over 65 who have had normal screening test results for several years or have had a total hysterectomy for non-cancerous conditions, like fibroids, may no longer need routine cervical cancer screening.

Colorectal Cancer Screening

Screening for colorectal cancer is recommended beginning at age 45. The vast majority of new cases of colorectal cancer (about 90%) occur in people who are 50 or older.

Lung Cancer Screening

Annual lung cancer screening is recommended only for adults aged 55 to 80 who are at high risk of developing the disease due to a history of heavy smoking, currently smoke, or have quit within the past 15 years. Heavy smoking means a smoking history of 20 pack-years or more. A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

Blood Pressure, Diabetes & Cholesterol

Adults between the ages of 40 and 70 should receive annual blood pressure and diabetes screenings.

It is also recommended that individuals in this age range receive a cholesterol blood test and discuss any necessary repeat tests with a primary care physician.

References & Resources

Centers for Disease Control and Prevention, Breast Cancer, What Should I Know About Screening?

https://www.cdc.gov/cancer/breast/basic_info/screening.htm

Centers for Disease Control and Prevention, Cervical Cancer, What Should I Know About Screening?

https://www.cdc.gov/cancer/cervical/basic_info/screening.htm

Centers for Disease Control and Prevention, Colorectal Cancer, What Should I Know About Screening?

https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm

Centers for Disease Control and Prevention, Lung Cancer, Who Should Be Screened for Lung Cancer?

https://www.cdc.gov/cancer/lung/basic_info/screening.htm

United States Preventive Services Task Force, Abnormal Blood Glucose and Type 2 Diabetes Mellitus: Screening

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/screening-for-abnormal-blood-glucose-and-type-2-diabetes?ds=1&s=diabetes>

United States Preventive Services Task Force, High Blood Pressure in Adults - Screening

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hypertension-in-adults-screening>

United States Preventive Services Task Force

<https://www.uspreventiveservicestaskforce.org/>

Visit these Missouri Department of Health and Senior Services websites for more information on cancer, diabetes, cholesterol, heart disease, and stroke:

health.mo.gov/cancer | health.mo.gov/diabetes | health.mo.gov/cholesterol

health.mo.gov/heartdisease | health.mo.gov/stroke

Visit health.mo.gov/cancer for more important tips on surviving cancer.



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Information Provided in Partnership With the MDHSS Section for Community Health Services and Initiatives