

These are general guidelines for adults.

Talk with your medical provider about what screening tests you need based on your specific family and health history.

Guidelines are based on current **U.S. Preventive Services Task Force (USPSTF)*** recommendations.

	Cancer Type	Age				
		21–29 years	30–39 years	40–49 years	50–65 years	66+ years
Women	Breast			Ask your medical provider about your risk.	Mammogram every 2 years (until age 74)	
	Cervical	Pap test every 3 years	Pap test every 3 years or Pap test with HPV test every 5 years			
Men & Women	Colorectal				Colonoscopy every 10 years or Stool test every year or Sigmoidoscopy every 5 years with stool test every 3 years (until age 75)	
	Lung				Annual imaging screening for current or former smokers** (ages 55-80)	
	Skin	Routine screening (whole body skin examination) is not recommended for all adults. Ask your medical provider about your risk.				
Men	Prostate	Prostate-Specific Antigen (PSA) screening is not recommended. Ask your medical provider about your risk.				

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* This is a summary of the current U.S. Preventive Services Task Force (USPSTF) recommendations for preventive cancer screenings. The USPSTF is an independent group of national experts in prevention and evidence-based medicine. The recommendations apply to people with **no signs or symptoms** of these diseases. More information can be found at: www.uspreventiveservicestaskforce.org

Other national organizations may have other recommendations for screening. Talk with your medical provider about what screening tests you need based on your specific family and health history.

** Current heavy smokers or those who have quit within the past 15 years are eligible. History of heavy smoking = 2 packs of cigarettes a day for 15 years, or 1 pack of cigarettes a day for 30 years, or ½ pack of cigarettes a day for 60 years.

For more information, contact the Vermont Department of Health Comprehensive Cancer Control Program:
phone (toll-free (in VT): **1-866-331-5622** • website: HealthVermont.gov/cancer