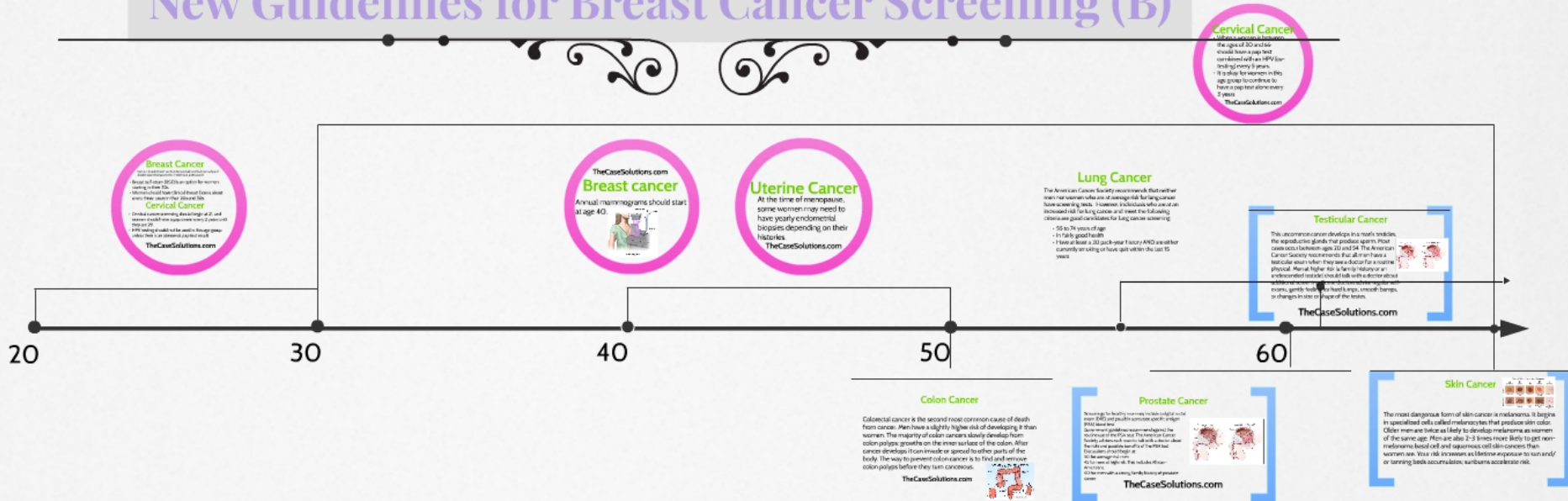
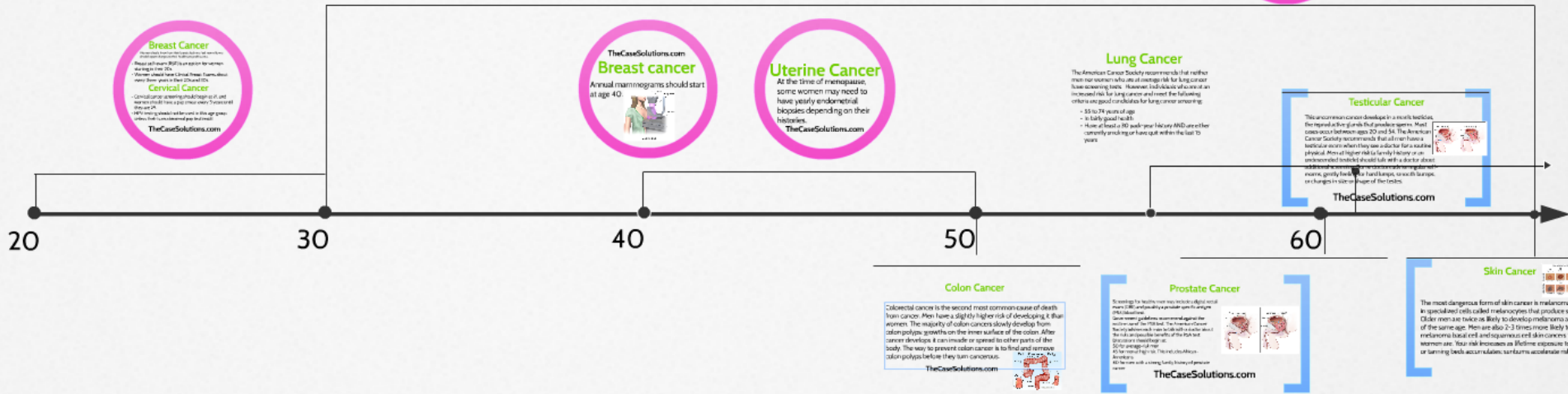


U.S. Preventive Services Task Force: Releasing New Guidelines for Breast Cancer Screening (B)



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Breast Cancer

Women should know how their breasts look and feel normally and should report changes to their health care professional.

- Breast self-exam (BSE) is an option for women starting in their 20s
- Women should have Clinical Breast Exams about every three years in their 20s and 30s.

Cervical Cancer

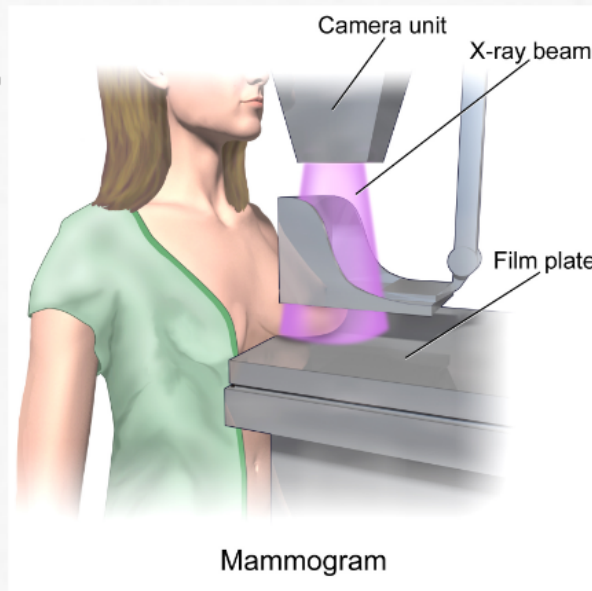
- Cervical cancer screening should begin at 21, and women should have a pap smear every 3 years until they are 29.
- HPV testing should not be used in this age group unless their is an abnormal pap test result

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Breast cancer

Annual mammograms should start at age 40.





Uterine Cancer

At the time of menopause, some women may need to have yearly endometrial biopsies depending on their histories.

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Cervical Cancer

- When a woman is between the ages of 30 and 65 should have a pap test combined with an HPV (co-testing) every 5 years.
- It is okay for women in this age group to continue to have a pap test alone every 3 years

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Prostate Cancer

Screenings for healthy men may include a digital rectal exam (DRE) and possibly a prostate specific antigen (PSA) blood test.

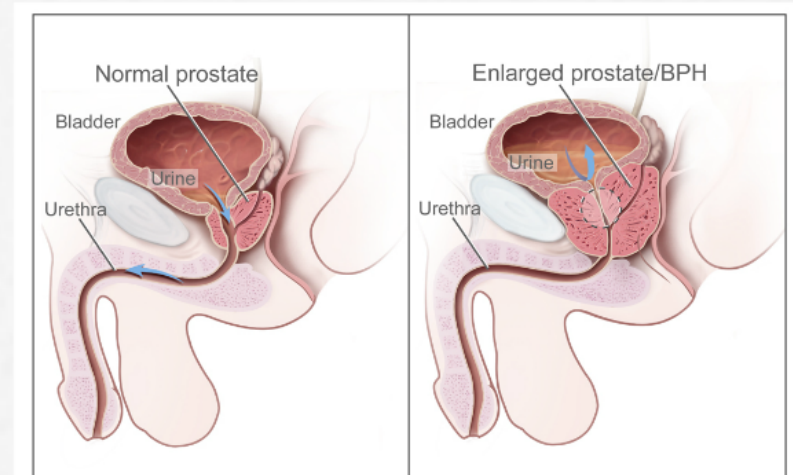
Government guidelines recommend against the routine use of the PSA test. The American Cancer Society advises each man to talk with a doctor about the risks and possible benefits of the PSA test.

Discussions should begin at:

50 for average-risk men

45 for men at high risk. This includes African-Americans.

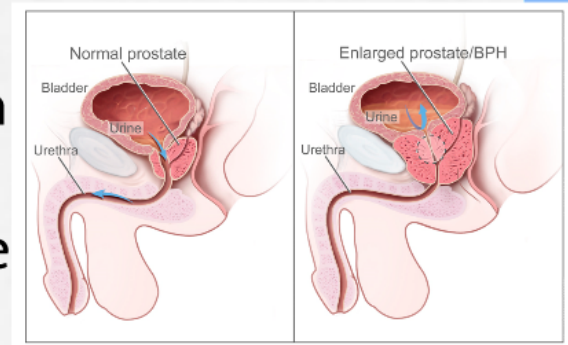
40 for men with a strong family history of prostate cancer



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Testicular Cancer

This uncommon cancer develops in a man's testicles, the reproductive glands that produce sperm. Most cases occur between ages 20 and 54. The American Cancer Society recommends that all men have a testicular exam when they see a doctor for a routine physical. Men at higher risk (a family history or an undescended testicle) should talk with a doctor about additional screening. Some doctors advise regular self-exams, gently feeling for hard lumps, smooth bumps, or changes in size or shape of the testes.



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Colon Cancer

Colorectal cancer is the second most common cause of death from cancer. Men have a slightly higher risk of developing it than women. The majority of colon cancers slowly develop from colon polyps: growths on the inner surface of the colon. After cancer develops it can invade or spread to other parts of the body. The way to prevent colon cancer is to find and remove colon polyps before they turn cancerous.

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