

## Screening recommendations can vary based on:

- Age
- Personal medical history
- Family history of cancer
- Lifestyle risk factors



### What You Should Do Next ?

- Know which screenings are recommended for your age
- Keep track of your previous test reports
- Share accurate family cancer history with your doctor
- Do not wait for symptoms to appear
- If you are at higher risk, start screening earlier as advised

### If you are unsure about:

- When to start screening
- Which test is right for you
- Whether you fall into a high-risk group

**Speak to your doctor. A short consultation can guide years of protection.**

#### ADDRESS

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# Cancer Screening Schedule

Early Detection, Better Outcomes.

## WHY DOES SCREENING MATTER?

Cancer screening helps detect cancer early – often before symptoms appear. Early detection allows **simpler treatment, better outcomes, and improved quality of life.**

Screening is meant for people who feel healthy; it doesn't mean you have cancer – it means you are taking a proactive step to **protect your health.**



**Take your preventive step today!**

**Turn to see recommended screenings for your age & gender.**

# Screening Schedule

## For Women:

### Breast Cancer

#### 20–40 years

- Breast self-awareness (BSE) every month
- Clinical breast exam (CBE) every 1–3 years

#### ≥40 years

- Mammography/Ultrasound and breast every 1–2 years
- Monthly BSE & yearly CBE

### Cervical Cancer

#### 21–29 years

- Pap smear every 3 years

#### 30–65 years

- HPV test every 5 years  
OR
- Pap smear every 3 years

### Ovarian Cancer

- No routine screening for average-risk women
- High-risk women require an ultrasound and CA125



### After 65

If previous tests normal, screening may stop (doctor's decision)

### High-risk women

Earlier screening and additional tests as advised by doctor

## For Men:

### Prostate Cancer

#### 50 years+

- PSA blood test + clinical evaluation every 1–2 years



## For both Men and Women:

### Colon Cancer

#### 45–50 years

- Stool test yearly OR  
Colonoscopy every 10 years

### Oral Cancer

#### Adults of all ages

- Annual oral examination

### Lung Cancer

#### High-risk individuals only

(Long-term smokers, usually 55–74 years)

- Low-dose CT scan as advised



**Consult your doctor to determine if you are at higher risk.**