

# Recommended Cancer Screenings

## The Norma F. Pfriem Cancer Institute at Bridgeport Hospital

Below is a partial list of screenings for people at average risk for developing cancer. Anyone with a family history of cancer or any other elevated risk factor(s) should discuss other screenings and screening schedules with his or her physician.

### **Breast Cancer**

- Breast examination performed by a physician—every three years from age 20 to 39. For women 40 and older, this should be done yearly.
- Mammogram—yearly for women 40 and older.

### **Cervical Cancer**

- Pap smear—every year for women 21 and older, or those who are or have been sexually active. After age 30, if there are three normal examinations, the frequency may be decreased at the discretion of the physician to every 2–3 years.
- Pelvic examination—same as for Pap smear.

### **Colorectal Cancer**

- Fecal Occult Blood Test (FOBT)—every year for men and women 50 and older.
- Flexible sigmoidoscopy—every five years for men and women 50 and older.
- Double-contrast barium enema—every five years for men and women 50 and older.
- Colonoscopy—every 10 years for men and women 50 and older.

*(please see reverse)*

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Cancer Institute



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## Recommended Cancer Screenings *(continued)*

### Prostate Cancer

- PSA blood test—every year for men 50 and older.
- Digital rectal examination—same as for PSA test.

### Skin Cancer

- Skin examination—every three years for men and women between 20 and 40. This should be increased to yearly after age 40.

### Uterine Cancer

- Endometrial biopsy—every year starting at age 35 for women with, or at high risk of, hereditary nonpolyposis colon cancer.

**For a referral to an expert Bridgeport Hospital–affiliated physician,  
please call toll free 1-888-357-2396, English/Spanish, 24/7.**

#### Sources:

*Summary of Recommendations for Clinical Preventative Services.* AAFP, August 2006  
*American Cancer Society Guidelines for the Early Detection of Cancer.* February 2006

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