WHY IS CANCER SCREENING IMPORTANT?

According to the American Cancer Society, almost 607,000 people are expected to die from cancer in 2019. Regular screening can help find certain cancers early, when they are most likely to be treated successfully.¹

DID YOU KNOW?

Despite the longstanding ability to detect cervical cancer early through screening, less than half (45%) of all cervical cancer cases are diagnosed at the local stage, when the 5-year survival rate is 92%.¹

– American Cancer Society

Unfortunately, screening rates for breast, cervical and colorectal cancer in recommended populations have either become stagnant or declined in recent years (2010-2015), lagging behind Healthy People 2020 goals set by the federal government.²

WHAT IS CANCER SCREEN WEEK?

Cancer Screen Week is a public health initiative founded by Genentech, the American Cancer Society, Stand Up To Cancer and Rally Health to increase awareness of the benefits of screening for early detection of certain cancers. It occurs in the first week of December each year. This year’s nationwide collaborative effort to raise awareness about recommended cancer screenings runs from December 2 through December 6, 2019.

HOW CAN I GET INVOLVED?

• Visit www.CancerScreenWeek.org to learn more about the potentially life saving benefits of cancer screening and download helpful resources for talking with your doctor.

• Spread the word about Cancer Screen Week and join the collective effort to help save more lives from cancer.
Screening increases the chances of detecting certain cancers early, before a person has any symptoms and when they might be easier to treat. Learn what screening tests the American Cancer Society recommends, when you should have them, and talk to a health care professional about the best screening plan for you.3,4

**WHO SHOULD BE SCREENED FOR CANCER?**

**BREAST CANCER**

Breast cancer that’s found early, when it’s small and has not spread, is easier to treat successfully. Getting regular screening tests is the most reliable way to find breast cancer early.5,6

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
- Women ages 45 to 54 should get mammograms every year.
- Women 55 and older should switch to mammograms every two years, or can continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- Most women at high risk should begin screening with MRI and mammograms when they are 30 and continue for as long as they are in good health.

**COLORECTAL CANCER**

With regular screening, colorectal cancer can often be prevented or found at an early stage when it’s small and might be easier to treat.9,10

- People 45 or older and at average risk should be screened regularly for colorectal cancer. There are several effective tests available. People at higher risk may need to start screening at a younger age, be screened more frequently, or get specific tests.11

**PROSTATE CANCER**

It’s not clear if the benefits of screening all men for prostate cancer outweigh the risks, such as finding (and treating) cancers that probably never would have caused any problems. Men should make an informed decision with their health care provider about whether or not to be screened.4

- Starting at age 50, men at average risk for prostate cancer should talk to a healthcare provider about the pros and cons of testing so they can decide if testing is the right choice for them.4
- African American men or men who have a father or brother who had prostate cancer before age 65 should discuss prostate cancer screening with a healthcare provider starting at age 45.4

**CERVICAL CANCER**

The Pap test can help catch cervical cancer early, when it’s small and may be easier to treat. It can also prevent cervical cancer by finding pre-cancerous cells so they can be treated before they become cancer. The human papillomavirus (HPV) test finds HPV infections which may increase the risk of cervical cancer.7

- All women should begin cervical cancer screening at age 21. Women aged 21-29 should have a Pap test every three years.
- Beginning at age 30, the preferred way to screen for cervical cancer is with a Pap test combined with an HPV test every 5 years. This is called co-testing and should continue until age 65.8
- Women over age 65 who have had regular screening in the past 10 years with normal results should not be tested for cervical cancer.
- Women who have been vaccinated against HPV should still follow these guidelines.

**SKIN CANCER**

Anyone can get skin cancer. Although the American Cancer Society does not have screening guidelines for skin cancer, everyone should know their own skin. Regularly checking the skin can help find many skin cancers early, when they are easier to treat.13

- Everyone should check their own skin regularly. They should know the pattern of moles, blemishes, freckles, and other marks on their skin so they can spot and report changes or new areas of concern.
- Regular skin exams by a healthcare professional are especially important for people who are at higher risk of skin cancer, such as people with reduced immunity, a personal or strong family history of skin cancer, and those with many unusual moles.

**LUNG CANCER**

Annual screening for lung cancer with low-dose CT (LDCT) scan may be an option. The main benefit of annual LDCT screening is a reduced risk of dying from lung cancer.12

- Lung cancer screening is recommended for people 55 to 74 years of age who are in fairly good health AND are either still smoking or have quit within the last 15 years AND have at least a 30 pack-year smoking history AND have received counseling to quit smoking if they currently smoke. They also should have been told of the possible benefits and limitations of LDCT screening, and have screening at a facility that is experienced in lung cancer screening and treatment.12

**REFERENCES**