

Recommendations for Women

Site	Age	Test/Procedure Name	Description	Frequency
Breast	20-39	Clinical Breast Examination	Performed by a board-certified physician.	Every 3 years.
		Breast self-examination (BSE)	Done at home by you.	Optional, monthly
	40+	To above, add a Mammogram	An x-ray examination of the breast.	Annually
Cervix	21+	Pap test (pap smear) and pelvic examination	Involves scraping some cells from a woman's cervix and looking at them under a microscope to see if abnormal cells are present; procedure is performed by a physician during a pelvic examination.	Begin screening about 3 years after becoming sexually active. At age 21, the test and exam should occur annually. If you receive normal tests for 3 years, screening can be done every every 2-3 years.
Colorectal	50+	The type of procedure you or your doctor selects will determine how often you should be tested.		
		Fecal Occult Blood Test (FOBT) **	Involves taking a sample of your feces to determine if there is any hidden blood	Annually.
		Flexible sigmoidoscopy **	A slender, hollow, lighted tube is placed into the rectum to help find cancer or polyps on the inside of the rectum and part of the colon.	Every 5 years, starting at age 50.
		Colonoscopy	Examination of the colon with a long, flexible, lighted tube called a colonoscope.	Every 10 years, starting at age 50.
		Double Contrast Barium Enema (DCBE)	Barium sulfate, a chalky substance, is used to partially fill and open up the	Every 5 years, starting at age 50.

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			colon. Air is then inserted to expand the colon, allowing x-ray films to show abnormalities.	