



The Wyoming Comprehensive Cancer Control Consortium asks you to “check your status”. Following recommended cancer screening guidelines can give you peace of mind and is critical to detecting cancer in its earliest, most treatable form. The Wyoming Comprehensive Cancer Control Consortium recommends the following screening guidelines:

### *Breast Cancer*

- ✓ All women, beginning at age 40, should consider having a mammogram every 1-2 years.
- ✓ Each woman should talk with her healthcare provider to determine her personal risk of breast cancer, what the potential harms and benefits of screening are, and what screening schedule is best for her.
- ✓ All women are encouraged to visit their healthcare provider about clinical and self-breast examinations.

### *Cervical Cancer*

- ✓ Beginning at age 21, all women should initiate cervical cancer screening and continue every 2-3 years or as recommended by their healthcare provider.

### *Prostate Cancer*

- ✓ PSA test for well-informed men who wish to pursue early diagnosis.
- ✓ The decision to use PSA for the early detection of prostate cancer should be individualized.
- ✓ For men with an anticipated lifespan of 10 or more years who wish to be screened, a baseline PSA along with a digital rectal examination (DRE) should be done beginning at age 40
- ✓ Men who wish to be screened for prostate cancer should have both a PSA and DRE.

### *Colorectal Cancer*

- ✓ Colonoscopy every 10 years beginning at age 50
- ✓ Immunochemical testing done annually beginning at age 50
- ✓ Rescreening more frequently than every 10 years is recommended based on results of first colonoscopy.
- ✓ Individuals are encouraged to talk with their provider about screening before age 50 if they have a family history of colon cancer.
- ✓ African-Americans should begin screening at age 45.