



Recommendations for Early Detection of Breast, Cervical and Colorectal Cancer

WOMEN'S BREAST CANCER SCREENING	
AGE	
18 – 39 yrs	Clinical breast exam every 3 years
40 – 69 yrs	Clinical breast exam AND mammogram every 1-2 years
70+ yrs	Shared decision making
CERVICAL CANCER SCREENING	
AGE	
18 – 65 yrs	<p>Pap smear at least every 3 years or more frequently if at high risk, such as:</p> <ul style="list-style-type: none"> • History of abnormal Pap results • History of STD or HIV • Sexual activity prior to age 18 • Multiple sexual partners • Vaginal spotting or bleeding between menstrual periods, after intercourse or after menopause • Tobacco use <p>Consider discontinuation of screening for patients with surgical removal of the cervix for benign conditions.</p>
65+ yrs	Based on clinical judgment according to risk status
MEN & WOMEN COLORECTAL CANCER SCREENING	
AGE	
50+ yrs	<ul style="list-style-type: none"> • Annual Fecal Occult Blood Test <u>AND/OR</u> • Sigmoidoscopy every 5 years <u>OR</u> • Double Contrast Barium Enema every 5 years <u>OR</u> • Colonoscopy every 10 years

To access a list of participating MQIC health plans and organizations or the MQIC adult preventive services guidelines visit www.mqic.org