

# Quick Cancer Screening Guide

Based on U.S. Preventative Services Task Force (USPSTF) guidelines as of August 2023

## Cervix: Ages 21-29

- Pap test every 3 years

## Cervix: Ages 30-65

- Pap test every 3 years, or
- High-risk human papillomavirus (hrHPV) test every 5 years, or
- Both tests every 5 years

## Breast/Chest: Ages 40-74

- Mammogram every 2 years

## Colon: Ages 45-75

- Colonoscopy every 10 years, or
- At-home stool-based test every 1 to 3 years

## Lung: Ages 50-80

- Low-dose CT scan if all of the following are true:
  - Currently smoke or quit smoking in the past 15 years
  - Have a 20 pack-year\* smoking history
  - No current signs/symptoms of lung cancer

\*1 pack of cigarettes/day for 20 years = 20 pack-years  
2 packs of cigarettes/day for 10 years = 20 pack-years



Iowa Cancer Consortium

[www.canceriowa.org](http://www.canceriowa.org)

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## Paying for Cancer Screening

Medicare, Medicaid, and most private insurance plans are required to cover preventive services like cancer screenings under the Affordable Care Act.

If you're not sure what your insurance plan covers, ask the screening facility to check, or you can call your insurance provider and ask.

If you're uninsured or underinsured:

- Free breast/chest and cervical cancer screenings for those who qualify:  
<https://canceriowa.news/cfy>
- Free colon cancer screenings for those who qualify: <https://canceriowa.news/igs>
- Find a Federally Qualified Community Health Center: <https://canceriowa.news/chc>
- Ask your screening facility if they offer financial assistance.

Learn more about cancer screening guidelines at:

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