

# Cancer Screening Guide by Age

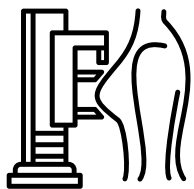
Based on U.S. Preventive Services Task Force (USPSTF) guidelines as of September 2024 and subject to start earlier depending on individual and family medical history.

## Cervix



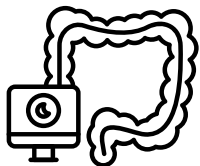
**Ages 21-29:** Pap test every 3 years

**Ages 30-65:** Pap test every 3 years, or high-risk human papillomavirus (hrHPV) test every 5 years, or both tests every 5 years



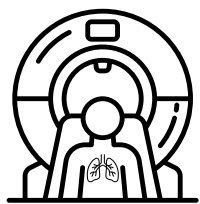
## Breast / Chest

**Ages 40-74:** Mammogram every 2 years



## Colon

**Ages 45-74:** Colonoscopy every 10 years, or at-home stool-based test every 1 to 3 years

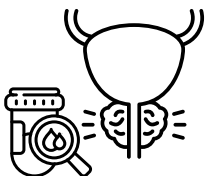


## Lung

**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

## Prostate



**Ages 55-69:** Prostate-specific antigen (PSA) blood test after consulting with a health care provider, repeating every 1-2 years depending on the result of the initial test



Iowa Cancer  
Consortium

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

Learn more about cancer screening guidelines  
at: <https://canceriowa.org/screening-toolkit/>

