

Cancer Screenings at Every Age

The American Cancer Society offers these recommendations for men, women and everyone.

Age 21-29

Colon Cancer

If you are at higher than average risk, get tested. If not, testing is not needed at this time.

[Learn how to determine your risk factors.](#)

Breast Cancer

If you're not at high risk, testing is not needed at this time. Know what's normal for your breasts and report any changes to a health care provider right away.

Cervical Cancer

Annual screenings for women should start at age 25. Follow testing recommendations even if you've been vaccinated against HPV. Women with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis.



Age 30-39

Colon Cancer

If you are at higher than average risk, get tested. If not, testing is not needed at this time.

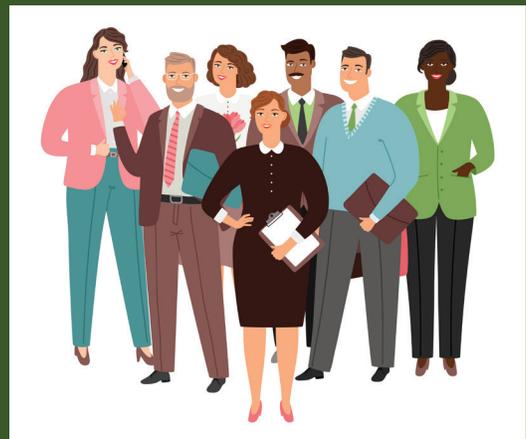
[Learn how to determine your risk factors.](#)

Breast Cancer

Women should talk with their health care providers about when to start getting mammograms. If you're not at high risk, testing is not needed at this time. Know what's normal for your breasts and report any changes to a health care provider right away.

Cervical Cancer

Testing is recommended for women every five years. Follow testing recommendations even if you've been vaccinated against HPV. Women with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis.



Age 40-49

Colon Cancer

All people at average risk should start testing at age 45.
[Learn how to determine your risk factors.](#)

Prostate Cancer

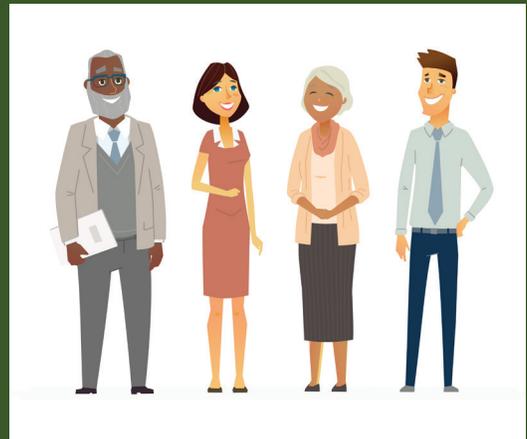
Starting at age 45, men at higher than average risk should talk with their health care provider about testing. This includes African American men and men with close family members who had prostate cancer before age 65.
[Learn more about prostate cancer risk factors.](#)

Breast Cancer

Between ages 40 and 44, women should talk with their health care providers about when to start getting mammograms. Starting at age 45, annual mammograms are recommended. Know what's normal for your breasts and report any changes to a health care provider right away.

Cervical Cancer

Testing is recommended for women every five years. Follow testing recommendations even if you've been vaccinated against HPV. Women with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis.



Age 50-64

Colon Cancer

All people at average risk should be tested. Talk with your health care provider about which tests are best for you and how often they should be done.
[Learn how to determine your risk factors.](#)

Lung Cancer

If you are 55 or older, talk with your health care provider about your smoking history and whether an annual low-dose CT scan is recommended to screen for early lung cancer.

Prostate Cancer

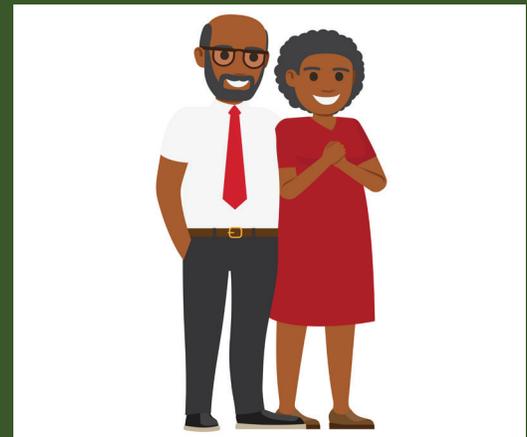
Starting at age 50, all men at average risk should talk with their health care providers about testing options and frequency.

Breast Cancer

For women between ages 50 and 54, annual mammograms are recommended. For ages 55 and older, mammograms are recommended every two years, but you can choose to get one every year. Talk with your health care providers to evaluate risks, benefits and frequency of testing. Know what's normal for your breasts and report any changes to a health care provider right away.

Cervical Cancer

Testing is recommended for women every five years. Follow testing recommendations even if you've been vaccinated against HPV. Women with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis.



Age 65 and older

Colon Cancer

Testing is recommended through age 75. People aged 76 to 85 should talk with their health care provider about whether screening is right for them. Most people older than 85 should no longer be screened.

Lung Cancer

Talk with your health care provider about your smoking history and whether an annual low-dose CT scan is recommended to screen for early lung cancer.

Prostate Cancer

Overall health status, and not age alone, is important when making decisions about testing. Men expected to live at least 10 more years should discuss testing options with their health care providers.

Breast Cancer

Mammograms are recommended every two years, but women can choose to get one every year. Talk with your health care providers to evaluate risks, benefits and frequency of testing. Know what's normal for your breasts and report any changes to a health care provider right away.

Cervical Cancer

No testing needed for women who have had regular testing with normal results during the past 10 years. Women with a history of a serious cervical pre-cancer should continue testing for 25 years after that diagnosis.



Seven Cancer Prevention Tips for Your Diet

The Academy of Nutrition and Dietetics suggests these seven eating tips can help reduce your cancer risk.

1. Maintain or achieve a healthy weight

Excess body weight is associated with an increased risk for several types of cancer.

2. Limit added sugars and solid fats

Limit your intake of foods with added sugars and solid fats that provide many calories but few nutrients.

3. Include vegetables, fruits and whole grains

Non-starchy vegetables, whole fruits and whole grains are linked to a lower cancer risk.

4. Moderate your portions of red and processed meats

Some studies suggest a link between colon and other types of cancer with red meat intake.

5. Focus on plant proteins

Beans and lentils are sources of protein, dietary fiber, iron, potassium and other necessary nutrients.

6. Avoid or limit alcohol

Alcohol consumption is considered a major modifiable risk factor for cancer. Even a moderate amount of alcohol may increase your risk of some types of cancer.

7. Choose nutrient-rich foods first

Choose nutrient-rich, whole foods and beverages as the best source of nutrients for cancer prevention.

For more tips on reducing your risk or managing diseases through nutrition, visit eatright.org.