



# Screenings and Tests

# Mammograms

The topic of when or if to get a mammogram is controversial and seems to change often.

Some medical organizations differ on their recommendations for women between ages 40 and 49.

# Mammograms

Those supporting yearly mammograms for this age group quote studies showing that a breast cancer can be seen on mammogram 19 months before it can be felt on exam; thus making yearly mammograms prudent.

Organizations supporting every other year mammograms in this age group are concerned with the false positive reports that lead to a large number of benign biopsies.

# Mammograms

Controversy aside, the following screening methods are supported by scientific studies and consensus of expert opinions:

- Mammograms every 1 to 2 years for women aged 40 to 49.
- Mammograms every year after 50 years of age.
- Monthly self-breast exam are recommended to all women.
- All women should have a clinical breast exam as part of their annual physical.

# Mammograms

For additional information on mammograms or breast cancer screening see:

[www.womenshealth.gov](http://www.womenshealth.gov)

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

# Colonoscopy

Colorectal cancer is a common and deadly cancer that is responsible for approximately 8-10% of all cancer deaths.

Prevention is key and a minimally invasive test will allow a doctor to see inside the entire colon.

If there are any areas of concern, a biopsy can be performed at that time. A biopsy will reveal a benign polyp from a potentially cancerous one.

# Colonoscopy

Most recommendations suggest a colonoscopy every 10 years starting at age 50.

If there is a family history or other risk factors, your doctor may recommend other screening tests as well as starting the testing at an earlier age.

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Often times, the worse aspect of this test is the bowel prep.

The day and night before the procedure, you will be provided with special drink that will help to clean the large bowel of stool in order for the doctor to see your colon better.

# Colonoscopy

For additional information on colonoscopy or colon cancer screening see:

[www.cdc.gov/cancer/colorectal/basic\\_info](http://www.cdc.gov/cancer/colorectal/basic_info)

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



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