

Cancer Screening for Women

Breast Cancer

Starting at 20 years old	Monthly Breast Self-Exam is encouraged
20-40 years old	Every 3 years Clinical Breast Exam by your doctors
> 40 years old	Yearly Mammogram and Clinical Breast Exam
High risk women	Family history or past history of breast cancer, genetic tendency Discuss with your doctors for additional testing

Cervical Cancer

First Pap Smear	3 years after becoming sexually active but no later than 21 years old Yearly afterward
Starting at 30 years old	May change to every 2-3 years after 3 normal Pap smears in a row
> 70 years old	May choose to stop with 3 normal Pap smear in a row and no abnormal exam in the last 10 years
After Total Hysterectomy	May choose to stop screening. Should continue to screen after Subtotal hysterectomy

Endometrial (Uterine) Cancer

Routine Screening Biopsy	Not recommended Report any unexpected bleeding or spotting
High risk women	For women with Hereditary Nonpolyposis Colon Cancer Yearly screening biopsy should start at 35 years old