

STAY ON TOP OF YOUR SCREENINGS

Cancer screenings are an excellent investment in your health. They can help your physician or provider find several types of cancer early, before you notice any symptoms. Early detection is important as it may make the cancer easier to treat.

Avera Medical Group's (AMG) cancer screening guidelines are outlined here. However, each person is unique, so talk with your physician or provider about the screening that is best for you.

Cervical Cancer

Cervical cancer occurs in the cells of the cervix – the lower part of the uterus that connects to the vagina. Two screening tests can help prevent cervical cancer, or detect it early.

1. The Pap test looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated.
2. The HPV test looks for the virus, called human papillomavirus (HPV), that can cause these changes.

Who should get screened?

- Women ages 21-30 should get a Pap every three years.
- Women ages 30-65 should get a Pap plus HPV test every 5 years.
- Women age 65 can stop screening if they've had 10 years of normal Paps.

Breast Cancer

An X-ray image of the breast, called a mammogram, is used to screen for breast cancer.

Who should get screened?

Women should get a yearly mammogram starting at age 40. Consult with your physician or provider to determine the best screening schedule for you.

Prostate Cancer

Prostate cancer is typically screened using a blood test along with an exam of the prostate, if felt clinically indicated by your physician or provider.

Who should get screened?

Check with your physician or provider, but generally men ages 55-69 should be screened yearly.

Lung Cancer

Lung cancer is screened using a low-dose lung CT scan. In this test an X-ray machine scans the body and uses low doses of radiation to make detailed pictures of the lungs.

Who should get screened?

People ages 55-77 should get a yearly screening if they meet the following criteria:

- 30-pack year smoking history (For example, 1 pack/day for 30 years; 2 packs/day for 15 years, etc.)
- Currently smoke
- Quit smoking within the last 15 years

Colorectal Cancer

A colonoscopy is the preferred method of colon cancer screening as it provides both cancer detection and prevention.

The procedure is done by using a long, flexible tube –called a colonoscope—that is about the thickness of your finger. Your physician or provider inserts the tube into the anus and moves it slowly into the rectum and colon.

Talk to your physician or provider about the availability of other cancer screening options, such as Cologuard and FIT.

Who should get screened?

People should get a colonoscopy once every ten years starting at age 50.

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