



# Quick Cancer Screening Guide

## Cervix

### Ages 21-29 (at average risk)

- Pap test, also called Pap smear, every 3 years

### Ages 30-65 (at average risk)

- 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 (at average risk)

- Mammogram every 2 years

## Colorectal

### Ages 45-75 (at average risk)

- Colonoscopy every 10 years, or
- Fecal immunochemical test (FIT), 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 last 15 years
  - **Have a 20 pack-year\* smoking history**
  - No current signs/symptoms of lung cancer

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\* 1 pack of cigarettes/day for 20 years  
= 20 pack-years

2 packs of cigarettes/day for 10 years  
= 20 pack-years

## Cancer in your family?

If you have a history of cancer in your family, you may be eligible for earlier screenings. Take time to learn about the history of cancer in your family. Talk with your health care provider to see if you are eligible for early screening.

## Paying for Cancer Screening

Medicare, Medicaid and most private medical insurance plans are required to cover preventive services like cancer screenings under the Affordable Care Act.

If you're not sure what your insurance plan covers, ask the screening facility to check, or you can call your insurance provider and ask.

## If you're uninsured or underinsured:

### Find Cancer Screenings:

[www.doh.wa.gov/you-and-your-family/illness-and-disease-z/cancer/cancer-screening](http://www.doh.wa.gov/you-and-your-family/illness-and-disease-z/cancer/cancer-screening)

### Find health insurance:

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

### Enroll in the Washington State Breast, Cervical and Colon Health Program:

[www.doh.wa.gov/you-and-your-family/illness-and-disease-z/cancer/breast-cervical-and-colon-health-program/enrollment](http://www.doh.wa.gov/you-and-your-family/illness-and-disease-z/cancer/breast-cervical-and-colon-health-program/enrollment)



Office of Community  
Outreach and Engagement  
(OCOE) website

Talk to your health care provider about when you should start screening and which tests are right for you.

For questions about cancer screening and prevention, contact the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER or [www.cancer.gov](http://www.cancer.gov).

Screening recommendations based on U.S. Preventative Services Task Force guidelines as of August 2023