

WINCHESTER FAMILY PHYSICIANS

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GENERAL CANCER SCREENING GUIDELINES

A. FOR ALL PATIENTS

- a. Health Maintenance:
 1. Less than 15 months of age (6 healthy visits – 2months; 4 months; 6 months; 9 months; 1 year; 15 months)
 2. Age 3 to 21 years (yearly)
 3. Age 22 to 40 years (every 2 years)
 4. Over 40 years (yearly)
- b. Colorectal Cancer Screening:
 1. Fecal Occult blood test (yearly after age 40)
 2. Colonoscopy: Age 50 and over (recommended every 10 years or sooner as determined by your GI physician and risk factors)
 3. Vision and glaucoma screening: Over age 40 (screening every 2 years), over age 60 (screen yearly) with an eye doctor

B. FOR WOMEN

- a. Pap Smear / Pelvic Exam – every 2 to 3 years, or as recommended by your physician
- b. Breast self-examination regularly
- c. Mammograms – annually, at age 40 and older
- d. Women should inquire as to their candidacy for calcium and vitamin D supplementation
- e. Bone Density Testing – starting at age 60

C. FOR MEN

- a. Prostate Exam – Over age 40 (yearly exam with digital rectal exam)
- b. Self-testicular exam: regularly