

# Women: Screening Exams by Age

Take this checklist to your next doctor appointment.

Your doctor can help you develop a more tailored screening plan if needed.



Regardless of  
your age, practice  
awareness.

This means you should be familiar with your body so that you will notice any changes and report them to your doctor without delay.

THE UNIVERSITY OF TEXAS  
**MD Anderson**  
**Cancer Center**

Making Cancer History™

## Ages 20-29

- Clinical breast exam** every one to three years to check for breast cancer, starting at age 21
- Liquid-based Pap test** every three years to check for cervical cancer

## Ages 30-39

- Clinical breast exam** every one to three years to check for breast cancer
- Liquid-based Pap test and HPV test** every five years to check for cervical cancer and HPV

## Ages 40-49

- Mammogram and clinical breast exam** every year to check for breast cancer
- Liquid-based Pap test and HPV test** every five years to check for cervical cancer and HPV

## Ages 50 and older

- Mammogram and clinical breast exam** every year to check for breast cancer
- Liquid-based Pap test and HPV tests** every five years to check for cervical cancer and HPV. Starting at age 65, speak with your doctor about whether you should continue screening.
- Colonoscopy** every 10 years or **virtual colonoscopy** every 5 years to check for colorectal cancer. If you're age 76 to 85, your doctor can help you decide if you should continue screening.

Schedule your screening exam  
at MD Anderson's  
Cancer Prevention Center.  
Call 713-745-8040  
to make your appointment.

If you believe you may be more likely  
to develop cancer because of personal  
or family medical history, visit

**[www.mdanderson.org/screeningguidelines](http://www.mdanderson.org/screeningguidelines)**

to learn about exams for women at increased risk.