



SCREEN

when to start and how often

Breast Cancer Screening Recommendations

- Women ages 40–44 should discuss mammograms with their health care provider to decide when to start receiving them.
 - Women ages 45–54 should receive annual mammograms.
 - Women 55 and older can switch to mammograms every two years, or continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 years or longer.
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Cervical Cancer Screening Recommendations

- Beginning at age 21, women should receive cervical cancer screenings.
- Women ages 21–29 should have a Pap test done every three years. HPV testing should not be used for screening in this age group unless it is needed after an abnormal Pap test result.
- Women ages 30 to 65 should get a Pap test and HPV test every five years, or an HPV test only every five years, or a Pap test only every three years.

Start the conversation with your provider.

Knowing if you should have a cancer screening test, when and how often you should have it can be confusing. Talking over the following questions with your provider can help you understand the best cancer screening plan for you.

- When should I begin cancer screening with a mammogram or Pap test?
- How often should I get a mammogram or Pap test?
- What should I do to prepare for a mammogram or a Pap test?
- How will you tell me about the test results?
For example, email, online health portal, phone, or letter?
- If I do not get my test results, who should I contact?
Is there a phone number I can call?
- What happens if the results are not normal?



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