



American Indian
Cancer Foundation.

Women's Screenings and Vaccinations by Age

Women 50-65



BREAST

... It is recommended that women ages 50 to 74 receive mammograms every other year. Women may choose to have yearly mammograms depending upon their insurance coverage. This is an individual choice and should be discussed with your health care provider. Women should be familiar with how their breasts normally look and feel and should report any changes to a health care provider right away.

CERVICAL

... For women ages 30 to 65 years, it is recommended they receive a screening every 3 years with a Pap test, every 5 years with HPV testing, or every 5 years with HPV testing combined with a Pap test.

LUNG

... It is recommended to have an annual screening in adults ages 50 to 80 who have a 20 pack-year smoking history (a pack-year is a number of packs of cigarettes a person smoked per day multiplied by the number of years the person smoked, 1 pack/day*1 year = 1 pack-year) and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that limits their life expectancy or the ability or willingness to have curative lung surgery.

COLORECTAL

... Colorectal screening is recommended in all adults ages 50 to 75.

HPV

... No vaccine recommended.

HEP-B

... The Hepatitis B vaccine protects infants, children, and adults from Hepatitis B. Talk to your health care provider.

If there is a family history of any of these cancers, you could be at a higher risk for cancer. Talk to your health care provider about the best screening options for you.



The recommendations come from the Advisory Committee on Immunization Practices, the United States Preventative Task Force, and the American Cancer Society.



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