

Cancer screening services

Are you due for a cancer screening?

Routine cancer screenings should be an important part of your annual health check-up. These simple, non-invasive screenings take little time, but can significantly prevent and help detect cancer early, at its most treatable and curable stage.

Breast Cancer Screening

Screening: Mammogram

Age: Women, starting at age 40, or sooner if at higher risk

Frequency: Annual, or more often if at high risk

Speak with your physician to understand if you are at higher risk for breast cancer. Some risk factors include a personal or family history of breast cancer, dense breast tissue or atypical cells detected during a breast biopsy.

Prostate Cancer Screening

Screening: Prostate Specific Antigen (PSA) Blood Test and Digital Rectal Exam (DRE)

Age: Men, Starting at age 40 with family history, age 50 with no family history

Frequency: Annual, or more often if at high risk

Timing is important and without screening, prostate cancer diagnosis is not possible. If abnormal tests are detected then further evaluation and diagnostic technology can be used to help us to determine the best course of action.

Skin Cancer Screening

Screening: Full body examination by a dermatologist

Age: Men and women

Frequency: Annual, or more often if at high risk

Speak with your physician to understand if you are at higher risk for skin cancer. Individuals at higher risk may need a skin cancer screening more often than one time per year.

Colorectal Cancer Screening

Screening: Colonoscopy or stool-based tests

Age: Men and women, starting at age 45, or sooner if at higher risk

Frequency: Speak with your physician to know how often screening should be done, based on your health history

Colonoscopy is the gold standard for colorectal cancer screening. Speak with your physician about the best approach to colorectal screening, and the frequency you need to be screened.

Lung Cancer Screening

Screening: Low-dose CT chest exam

Age: Men and women, age 50–80 years old who have at least a 20 pack-year smoking history (the number of packs of cigarettes per day multiplied by the number of years smoked)

Frequency: Annual

Speak with your physician to see if a low-dose CT scan is right for you. In addition to a smoking history, additional risk factors for lung cancer include: a previous cancer diagnosis, emphysema, pulmonary fibrosis, a family history of lung cancer and exposure to radon and other substances.

Cervical Cancer Screening

Screening: Pap smear

Age: Women ages 21–29

Frequency: Every 3 years

Screening: Pap smear and HPV testing

Age: Women ages 30–65

Frequency: Pap smear every 3 years, HPV testing every 5 years

Screening: No screening recommended

Age: Women over 65 who have had regular cervical cancer testing in the past 10 years with normal results

Women who have had a hysterectomy with total removal of the cervix and no history of cervical cancer do not require further testing as well.

Speak with your UCI Health physician about what other cancer screenings might be right for you.

UCI Health Primary Care

Do you need a primary care physician? Primary care physicians will be your partner in the discussion around cancer screening, as well as your ongoing health needs, routine check-ups and referrals for specialty care. Find a UCI Health primary care physician today at ucihealth.org/choose.

UCI Health Cancer Care

UCI Health is home to Orange County's highest ranked cancer center and its only NCI designated comprehensive cancer center. Our cancer specialists offer the full spectrum of cancer care, from early detection and cancer prevention to state-of-the-art medical management and surgical therapies, to resources into survivorship. Learn more about UCI Health cancer services by visiting ucihealth.org/cancer-center.

