

Cancer Screening Guidelines

National Foundation for Cancer Research -[NFCR.org](https://www.nfcr.org)

Cancer screening is essential for early detection, which can significantly improve treatment outcomes and survival rates. Regular screenings help identify cancer in its early stages, often before symptoms appear, making it easier to treat and manage. By staying proactive with screenings, individuals can reduce their risk of late-stage diagnoses and improve their overall health.

Age	Frequency	Females	Males
18–20	Monthly	Skin self-exam	Skin and testes self-exam
	Annually	Physical	Physical
21–39	Monthly	Skin and breast self-exam	Skin and testes self-exam
	Annually	Physical, clinical breast exam, pap test	Physical
40–49	Monthly	Skin and breast self-exam	Skin and testes self-exam
	Annually	Mammogram, digital rectal exam, fecal immunochemical test (FIT)	Digital rectal exam, fecal immunochemical test (FIT)
	Annually	Physical, pap test	Physical, prostate test
	Every 5 to 10 years	Colonoscopy	Colonoscopy
50–65	Monthly	Skin and breast self-exam	Skin and testes self-exam
	Annually	Physical, clinical breast exam, digital rectal exam, fecal immunochemical test (FIT)	Physical, prostate exam, digital rectal exam, fecal immunochemical test (FIT)
	Every 3 years	Pap test	
	Every 5 to 10 years	Colonoscopy, HPV, pap co-test	Colonoscopy
66+	Monthly	Skin and breast self-exam	Skin and testes self-exam
	Annually	Physical, clinical breast exam, fecal immunochemical test (FIT)	Physical, prostate-specific antigen test (PSA) blood test, digital rectal exam, fecal immunochemical test (FIT)
	Every 5 to 10 years	Colonoscopy	Colonoscopy

Cancer Prevention Tips

MayoClinic | [MayoClinic.Org](https://www.mayoclinic.org)



Do not use tobacco or nicotine products: Smoking has been linked to various types of cancer, including cancer of the lung, throat, larynx, pancreas, bladder, cervix, and kidney. Even if you do not use tobacco, exposure to secondhand smoke might increase your risk of lung cancer.

Pepperdine Resources: Tobacco-Cessation Program (Health Advocate)



Eat a healthy diet: Maintain a balanced diet by including a variety of foods from different food groups, such as fruits, vegetables, whole grains, and lean proteins like beans, chicken, and fish. Plant-based foods, in particular, are rich in essential nutrients and antioxidants that protect cells from damage. Vegetables and fruits are known for their potential cancer-fighting properties.

Pepperdine Resources: Farmers Market, Farm Fresh to You, Healthy On-Campus Dining Options, Healthy Recipes (Health Advocate)



Protect yourself from the sun: Skin cancer is one of the most common and preventable types of cancer. To lower your risk, avoid the sun during midday hours, and wear sunglasses and a hat. Always use a broad-spectrum sunscreen with an SPF of at least 30, even on cloudy days.

Pepperdine Resources: DermaScan Facial Screenings



Maintain a healthy body weight: Research indicates that obesity can lead to chronic inflammation, which increases the risk of developing various cancers, including liver, breast, prostate, lung, and colon cancer. To manage your weight, limit high-calorie foods, especially those with refined sugars and highly processed ingredients.

Pepperdine Resources: On-campus Free Group Fitness Classes, Wellness Coaching Services (Health Advocate)



Stay physically active: Regular physical activity not only helps with weight management but may also lower the risk of breast and colon cancer. Aim for at least 30 minutes of exercise each day as a general goal.

Pepperdine Resources: Campus Facilities and Equipment, Virtual Pacific Coast Trail



Get regular medical care: Regular self-exams and screenings for various cancers, including skin, colon, cervical, and breast cancer, can improve your chances of detecting cancer early.

Pepperdine Resources: Health Advocate, On-campus Preventive Health Screenings, On-campus Flu-Shot Clinics, and At-Home Test Kits
Do not use tobacco or nicotine products: Smoking has been linked to various types of cancer, including cancer of the lung, throat, larynx, pancreas, bladder, cervix, and kidney. Even if you do not use tobacco, exposure to secondhand smoke might increase your risk of lung cancer.