

CANCER SCREENING GUIDE

FOR AVERAGE RISK ADULTS

These guidelines follow 2026 recommendations from the **U.S. Preventive Services Task Force** for average risk adults. Your risk may be higher if you have certain health problems or a family history of cancer. Talk to your primary care provider about a screening plan that is right for you.

Cervix: Ages 21-65

- Pap test every 3 years from age 21-29, **then**
- Pap test every 3 years, **or**
- HPV test alone every 5 years, **or**
- Both tests every 5 years

Breast: Ages 40-74

- Mammogram every 2 years

Colon: Ages 45-75

- At-home stool-based test every 1-3 years, **or**
- Colonoscopy every 10 years

Lung: Ages 50-80

- Low-dose CT scan every year if:
 - Currently smoke or quit smoking in the past 15 years, **and**
 - Have a 20 pack-year smoking history

Prostate: Ages 55-69

- Talk with your primary care provider.

Skin: All Ages

- At any age, tell your doctor if you notice a skin spot that is new, changing, or unusual.

Know Your Cancer Risk

Take the cancer risk assessment by the American Cancer Society to learn more about what factors might affect your personal cancer risk and actions you can take to help lower your risk: acscancerrisk360.cancer.org

Paying for Cancer Screening

Medicare, Medicaid, and most private insurance plans cover preventive services like cancer screenings.

If you're not sure what your insurance plan covers, ask the screening facility or call your insurance provider to ask.

Uninsured or Underinsured?

Ask your screening facility if they offer financial assistance.

Northern New York: Free cancer screening available for those who qualify: **(518) 565-8958**

Vermont: Free breast and cervical screening available for those who qualify:

healthvermont.gov/wellness/you-first



Learn More About Screening:
go.uvm.edu/cancerscreening