



Your essential guide to cancer screenings



Cancer screenings save lives

We know life gets busy, but regular cancer screenings can help catch issues early, when they're easier to treat. In fact, cancer prevention and screening efforts can prevent 80% of deaths for certain cancers.* This cancer screening guide explains some of the most important screenings and when you should get them.

 Types of screenings	 When to screen
Colon cancer – You can use an easy fecal immunochemical test (FIT) you can do at home. If your test is positive, you'll have a follow-up colonoscopy in person.	<ul style="list-style-type: none">• Start at age 45 if you're at average risk.• Get screened every year.• Concerned about your family history? Talk to your doctor – you may need to start earlier.
Breast cancer – Your doctor can recommend a mammogram.	<ul style="list-style-type: none">• Start at age 40.• Get a mammogram at least every 2 years if you're at average risk.
Cervical cancer – Your doctor or gynecologist will use a Pap test, human papillomavirus (HPV) test, or both.	<ul style="list-style-type: none">• Start at age 21.• Get screened every 3 to 5 years.

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Prostate cancer – Your doctor can order blood tests called prostate-specific antigen (PSA) tests.	<ul style="list-style-type: none">• Talk to your doctor about risk factors for prostate cancer, especially if you're 45 or older.• If you decide to start screening, consider getting screened every 2 years.
Lung cancer – Your doctor will order low-dose CT scans, which use X-rays to make a 3-dimensional picture of structures inside of the body.	Start at age 50 if: <ul style="list-style-type: none">• You currently smoke• You've smoked 20 packs or more per year in the last 15 years• You've quit smoking in the last 15 years

Talk to your doctor

Talk to your doctor about which screenings are best for you. For quick recommendations, you can go to kp.org/screening-tool before your visit.

*Katrina A.B. Goddard, PhD, et al., "Estimation of Cancer Deaths Averted From Prevention, Screening, and Treatment Efforts, 1975-2020," JAMA Oncology, December 5, 2024.