

A Helpful Guide to Cancer Screenings



Things to Keep In Mind about Cancer Screenings

- **You should see your primary care provider regularly.** An annual visit is the perfect time to do lab work and set up appointments for any cancer screenings you may be due for.
- **It's important to know that these screening recommendations may not apply to you exactly as written here.** You should talk to your primary care provider about your family history and unique risk factors. Based on your personal information, you may need to start screenings earlier, have additional or alternate screenings, or have certain screenings done more frequently.
- **Most cancer screenings are covered by insurance.** In some cases, a cancer screening may become a diagnostic test rather than just a routine screening, which can impact your out-of-pocket cost. If you are concerned about what your insurance covers and your potential expenses, our Patient Financial Advisors can help by providing estimates, offering financial assistance, or setting up 0% interest payment plans.
- **Routine screening is the best way to find cancer in its early stages when it is most treatable.** Protect your health and your life — get your screenings done on time, and encourage your loved ones to do the same.

How do I make an appointment?

- Start with your primary care provider to check what tests and screenings you may need. Your provider's office can help you set up screenings and answer your questions. You can schedule appointments in your MyChart account or by calling 712-243-2850.
- If you do not have any symptoms or concerns about your breast health, and you are a current patient, you can schedule your routine annual mammogram in your MyChart account or by calling 712-243-7450.

Cass Health Screening Recommendations

	What is the screening?	Who should get screened?	How often should I get screened?
Breast Cancer	Mammogram	Women ages 40 - 75	Annually
Cervical Cancer	Pap Test	Women ages 21 - 65	Ages 21 - 30 = Every 3 years Ages 30+ = Every 5 years with HPV test
Colorectal Cancer	Colonoscopy	Everyone ages 45 - 80	Every 5 to 10 years based on results and risk factors
Lung Cancer	Low-Dose CT Scan	Anyone ages 50-80 who currently smokes or has quit in last 15 years	Annually
Prostate Cancer	PSA Blood Test	Men ages 45+	Annually