



9195 Grant Street, Suite 410  
 Thornton, CO 80229  
 Phone: 303-280-2229(BABY)  
 Fax: 303-280-0765

300 Exempla Circle, Suite 470  
 Lafayette, CO 80026  
 303-665-6016  
 303-665-0121

6363 West 120<sup>th</sup> Avenue, Suite 300  
 Broomfield, CO 80020  
 303-460-7116  
 303-460-8204

[www.whg-pc.com](http://www.whg-pc.com)

**SUMMARY OF AMERICAN CANCER SOCIETY RECOMMENDATIONS FOR THE EARLY DETECTION OF CANCER IN PEOPLE WITHOUT SYMPTOMS**

TEST OR PROCEDURE	POPULATION AT RISK	FREQUENCY
Sigmoidoscopy, preferably flexible	50 and over	Every 3 - 5 Years
Fecal Occult Blood Test	50 and over	Every Year
Digital Rectal Examination	50 and over	Every Year
Pelvic Examination and Pap Test	18 and over  40 and over	All women who are, or who have been sexually active, or have reached age 18 should have an annual Pap examination. After a woman has had three or more consecutive satisfactory normal examinations, the Pap test may be performed less frequently at the discretion of her physician.
Bone Density Scan	55 and over	Every 5 Years
Breast Self-Exam	20 and over	Every Month
Breast Clinical Examination	20 and over  40 and over	Every 3 Years  Every Year
Mammography	40 - 49  50 and over	Every 1 - 2 years  Every Year
Cholesterol Screening	20 and over	Every 5 years