

Cancer Screening Jog Chart for Patients

Designed for Patients to keep in their own medical record.

Name: _____

Age: _____

WOMEN:

Breast Cancer Screening:

At **age 20**, you should start yearly Breast Self Exams (BSE) and Clinical Breast Exams (CBE) every 3 years.
At **age 40**, you should start **yearly** Mammograms and Clinical Breast Exams. Mark boxes with 'X' if completed.

Breast Cancer Screening Tests	Yr1 Date:	Yr2 Date:	Yr3 Date:	Yr4 Date:	Yr5 Date:	Yr6 Date:	Yr7 Date:	Yr8 Date:	Yr9 Date:	Yr10 Date:
Mammogram (Age 40 - yearly)										
CBE (Age 40 - yearly)										
CBE (Age 20 – every 3 yrs)	Yr1 Date:			Yr4 Date:			Yr7 Date:			Yr 10:

Cervical Cancer Screening:

Yearly Pap tests should begin 3 years after the start of vaginal intercourse or no later than **age 21**. At age 30, if had 3 normal Pap tests in a row, screen every 2-3 years. Women 70 years of age or older who have had no abnormal Pap test in the last 10 years may choose to stop. Mark boxes with 'X' if completed.

Cervical Cancer Screening Tests	Yr1 Date:	Yr2 Date:	Yr3 Date:	Yr4 Date:	Yr5 Date:	Yr6 Date:	Yr7 Date:	Yr8 Date:	Yr9 Date:	Yr10 Date:
Pap Test (yearly)										

MEN & WOMEN:

Colorectal Cancer Screening:

You should complete at least **one** of the following tests on a regular basis starting at **age 50**. Mark boxes with 'X' if completed.

Colorectal Cancer Screening Tests	Yr1 Date:	Yr2 Date:	Yr3 Date:	Yr4 Date:	Yr5 Date:	Yr6 Date:	Yr7 Date:	Yr8 Date:	Yr9 Date:	Yr10 Date:
FOBT/FIT (yearly)										
Flex. Sigmoidoscopy (every 5 years)	Yr1 Date:					Yr6 Date:				
DC Barium Enema (every 5 years)	Yr1 Date:					Yr6 Date:				
Colonoscopy (every 10 years)	Yr1 Date:									

MEN:

Prostate Cancer Screening:

Start at **age 45 for African Americans** and **age 50 for average risk men**. Digital Rectal Exam (DRE) and Prostate-Specific Antigen should be **offered** every year. Mark boxes with 'X' if completed.

Prostate Cancer Screening Tests	Yr1 Date:	Yr2 Date:	Yr3 Date:	Yr4 Date:	Yr5 Date:	Yr6 Date:	Yr7 Date:	Yr8 Date:	Yr9 Date:	Yr10 Date:
PSA (yearly)										
DRE (yearly)										

At time of check-up, ask your health provider about examinations for cancer of the thyroid, oral cavity, skin, lymph nodes, and testes or ovaries.