



## Cancer Screening

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## Disclosures

- Harrison Jackson: No disclosures
- Sonya Wegman: No disclosures

## Objectives/Agenda

- Review screening guidelines for the following cancers:
  - Colorectal Cancer
  - Prostate Cancer
  - Cervical Cancer
  - Breast Cancer
  - Ovarian Cancer
  - Lung Cancer

## Our Approach

- Primary Care Physician Point of View
- Adult Screenings

Colon Cancer



Prostate Cancer



Breast Cancer



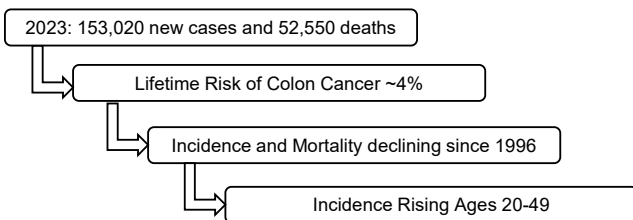


## Professional Organizations

- AAFP: American Academy of Family Practitioners
- ACS: American Cancer Society
- ACOG: American College of Obstetricians and Gynecologists
- ACP: American College of Physicians
- AGA: American Gastroenterological Association
- ASCCP: American Society of Colposcopy and Cervical Pathology
- AUA: American Urologic Association
- NCCN: National Comprehensive Cancer Network
- USPSTF: United States Preventative Services Task Force
- USMSTF: United States Multi-Society Task Force on Colorectal Cancer

## Colon Cancer Screening

## Colon Cancer – Epidemiology



American Cancer Society 2023-2025

## First Screening: What to Ask

- Patient's Age
- Personal history of colon polyps including pathology
- Family history of colon cancer with age of diagnosis
- Family history of advanced colon polyps with age of finding
  - Advanced Adenoma: high grade dysplasia, 1cm size, villous pathology
  - *Pro-tip: Ask how quickly the relative had to repeat the colonoscopy*



### First Screening: Age to Start

	No personal or family history	1st Degree Relative with CRC or Adv Adenoma	2 <sup>nd</sup> degree relatives only
Age 40 or 10 years before family diagnosis		X	
Age 45	X		X*

\* If multiple cases on one side of family, consider genetic screening.

US Multi-Society Task force on Colorectal Cancer. *Gastroenterology* 2021

### First Screening: Modalities

Modality	Frequency	CRC cases averted per 1000	CRC Deaths Averted
Colonoscopy	10 years	61	28
Stool FIT	1 year	50	28
Stool DNA	3 year	47	25
Stool FOBT	1 year	42	24
Flexible Sigmoidoscopy	5 years	51	24
CT Colonography	5 years	55	26

Screening for Colorectal Cancer. *JAMA* 2021

### Blood Based Screening Tests

- For average risk patients
- Covered every 3 years
- Must order from vendor at this time

<i>Annals</i> October 2024	cf-bDNA every 3 years (Guardant Shield)	MT-sDNA every 3 years (Exact Sciences Cologuard)	FIT every Year	Colonoscopy every 10 years
Relative Rate of CRC vs. No Screen	0.58	0.32	0.29	0.21
Relative Rate CRC Death vs. No Screen	0.44	0.27	0.25	0.19

*Annals of Internal Medicine* 171(12), October 2024

### Colon Cancer Screening – Risks/Benefits

#### Benefits

Reduced Mortality  
Reduced Incidence

#### Risks

Anxiety, Discomfort  
0.05% chance perforation  
0.18% chance serious bleeding

*Do not let the ideal be the enemy of the good – any screening is better than none!*

American Cancer Society, Colorectal Cancer Facts & Figures 2023-2025  
*JAMA* May 17, 2021



### Next Screening: Negative Non-Colonoscopy

Modality	Next Screening Timeline
Stool FOBT	1 year
Stool FIT	1 year
Stool DNA	3 years
Blood DNA	3 years
Flexible Sigmoidoscopy	5 years
CT Colonography	5 years

### Next Screening: Positive Non-Colonoscopy

Any positive non-colonoscopy screening should have a diagnostic colonoscopy within six months

Test	Colorectal Cancer	Advanced Neoplasia	Non-Advanced Neoplasia	No Colorectal Neoplasia
FIT	2.3%	24.1%	39.5%	33.9%
sDNA	1%	27%	39%	33%

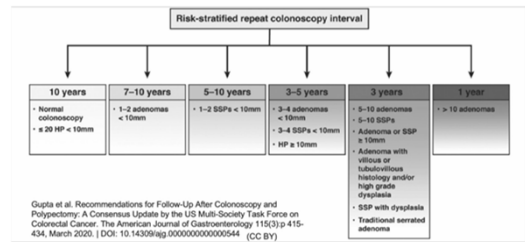
Lancet Oncology vol 25, 3 March 2024  
Am J Gastroenterology vol 115, 4 April 2020

### Next Screening: Negative Colonoscopy

	One Year	Five Years	Ten Years
Good Prep, No Family History			X
Poor Prep (0 or 1 BPPS and section)	X		
One First Degree Dx < age 60		X	
Two First Degree Dx ≥ age 60		X	
One First Degree Dx ≥ age 60			X

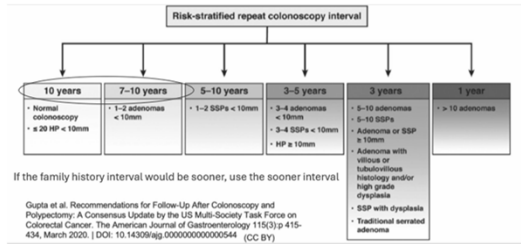
American Journal Gastroenterology 2014

### Next Screening: Positive Colonoscopy

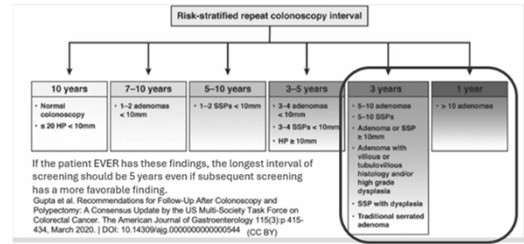




## Next Screening: Positive Colonoscopy



## Next Screening: Positive Colonoscopy



## Last Screening

- Age 75: last routine screening
- Age 76-84: individualized discussion
- Age 85: end screening

USPSTF Guidelines JAMA 2021  
USMSTF Gastroenterology 2022  
American Cancer Society Guidelines 2023  
NCCN Colorectal Cancer Screening Guidelines 2025

## Prostate Cancer Screening



## Prostate Cancer – Epidemiology

Men: #1 cancer incidence & #2 cancer mortality

2024: 299,010 cases and 35,250 deaths

Incidence & mortality increased in black men

JAMA March 10, 2025, NEJM April 2023

## First Screening

Organization	Intervention	Age to Start	Screening Interval
US Preventative Services Task Force	Shared Decision-Making regarding PSA Screening	55-69 yo	Not Specified
National Comprehensive Cancer Network	Shared Decision-Making regarding PSA Screening	Average Risk: 45-75 yo High risk: 40 -75 yo	PSA <1 = Q2-4 years PSA >1= Q1-2 years
American Urological Association	Shared Decision-Making regarding PSA Screening	Average Risk: 45-75 yo High risk: 40 -75 yo	Q2-4 years
American Academy of Family Physicians	Shared Decision-Making regarding PSA Screening	55-69 yo	Q2 years
American Cancer Society	Shared Decision-Making regarding PSA Screening	Average Risk: age 50 High risk: age 45	PSA <2.5 = Q2 years PSA >2.5= Q1 years

Adapted from N Engl J Med April 12, 2023

## First Screening Shared Decision Making

Organization	Intervention	Age to Start	Screening Interval
US Preventative Services Task Force	Shared Decision-Making regarding PSA Screening	55-69 yo	Not Specified
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Adapted from N Engl J Med April 12, 2023

## Modality: PSA not DRE



ChatGPT generated images



## PSA Screening – Brief History

- 1994: FDA approves PSA for cancer screening
- 2002: USPSTF Grade I : Insufficient Evidence
- 2008: USPSTF Grade D: Recommend Against
- 2018: USPSTF Grade C: Shared Decision Making

Annals August Aug 5 2008, NEJM March 26 2009, J Natl Cancer Jan 18 2012, NEJM April 12, 2023, CA Cancer J Clin 2023

## Prostate Cancer Screening – Risks/Benefits

### Benefits

Reduced Mortality: between 1.3 and 9.9 per 1000 screened  
Reassurance: age 55-59 and PSA <1, cumulative risk of prostate cancer 0.3% over 15 years

### Risks

Over Diagnosis: 2-4% over 11 years

Biopsy: 1-3% risk of hospitalization for bleeding/infection

Overtreatment: 83% will receive treatment, complications of ED, incontinence, bowel dysfunction

NEJM April 12, 2023, European Urology March 2019, NCCN 2025

## MRI

- As part of screening workup
  - Increases detection of high-risk cancer
  - Cannot exclude prostate cancer
  - May increase biopsy rate of insignificant cancers
- As part of biopsy
  - Improves detection of clinically significant cancer
  - Lowers detection of clinically insignificant cancer

NEJM April 12, 2023, NCCN 2025

## Screening: Initiation and Intervals

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Adapted from N Engl J Med April 12, 2023

### Screening: Initiation and Intervals

- High Risk: Black male, prostate cancer in father, known germline mutation
- Referral Threshold
  - PSA > 2 in 40s
  - PSA > 3 in 50s and 60s
  - PSA > 4 in 70s
- Baseline PSA
- Other considerations
  - Reliability of patient
  - Standardization of workflow
  - Reassurance

### Baseline PSA

- PSA median in 40s = 0.7 ng/dl
- PSA >1.7 = 8.7 odds ratio of lethal cancer
- Black men ages 40-54
  - PSA > 0.72 = 25.2 odds ratio of prostate cancer
  - 49.6 odds ratio aggressive prostate cancer
  - PSA > 1.68-1.85 = 83.6 odds ratio of prostate cancer
  - 174 odds ratio of aggressive prostate cancer

CA Cancer Journal 2025, JCO 2016, Eur Urol 2019

### Last Screening

- Most patients between age 70 and 75
  - 76-84 in patients with almost no comorbidities
- PSA < 3 in 70s have little chance of future metastatic prostate cancer

NCCN 2025





## Cancer Screening

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## Cervical Cancer Screening

### Cervical Cancer – Epidemiology

13,000 new cases/year in US

4300 deaths/year in US

1 in 4 patients in the US not UTD with screening

About half of cases occur in underscreening patients

A single lifetime screen with HPV testing may reduce risk and mortality by 50%

CDC Cervical Cancer Statistics 2025  
NIH Cancer Trends Progress Report 2025  
Journal of Lower Genital Tract Disease, Apr 2011  
NEJM, Apr 2, 2009

### Cervical Cancer Screening – Risks/Benefits

#### Benefits

Reduced rates of cervical cancer  
Reduced mortality, higher cure rates

#### Risks

Patient discomfort/anxiety  
False positives  
Overdiagnosis - additional testing/procedures

Lancet 1987  
NIH Surveillance, Epidemiology and End Results Program  
Systematic Reviews, May 24, 2013. PMID: 23706117



## Cervical Cancer Screening - Modalities

- Cervical Cytology (Pap smear)
- Primary HPV testing
  - Provider performed cervical swab
    - Option for reflex to cytology
  - Self-collected vaginal swab
- Co-testing (HPV + Cervical cytology)

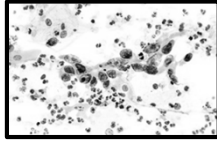


Image from: National Cancer Institute, March 1993 Image ID 2578

## Cervical Cancer Screening - Guidelines

USPSTF	ACOG	ACS
21-29yo: Cytology Q3Y ≥30yo: Primary HPV Q5Y  Alternatives: Cotesting Q5Y, Cytology Q3Y	21-29yo: Cytology Q3Y ≥30yo: Cytology Q3Y, Primary HPV Q5Y, cotesting Q5Y	≥25yo: Primary HPV Q5Y  Alternatives: Cotesting Q5Y, Cytology alone Q3Y

USPSTF Draft Update, Dec 2024  
 ACOG, Apr 2025  
 ACS, Jul 2025

## Cervical Cancer Screening – Differences in Guidelines

- Type of testing: changing landscape
  - Availability/accuracy of HPV testing
- Age of initiation:
  - Low cancer rates in early 20s
    - Uptake of HPV vaccine
  - Concerns about worsening already low screening rates if delaying until age 25yo

## Cervical Cancer Screening – Result Management

- Timing and type of subsequent testing depends on both current and prior results, risk of CIN
- Use of ASCCP Webtool can help to guide decisions

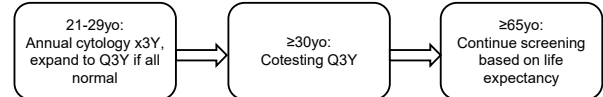


### Cervical Cancer Screening – Discontinuation

- Age  $\geq 65$ 
  - No history of CIN2 or greater for past 25 years
  - Adequate screening prior to discontinuation:
    - Two negative HPV/cotests in past 10 years (most recent in last 5 years)
  - OR
  - Three negative Paps in last 10 years with (most recent in last 3 years)
- Life expectancy  $< 10$  years
- S/p total hysterectomy with no history of CIN or cervical cancer

### Cervical Cancer Screening – High Risk

- Immunocompromised
  - Includes: HIV/AIDs, Transplant, biologic therapy

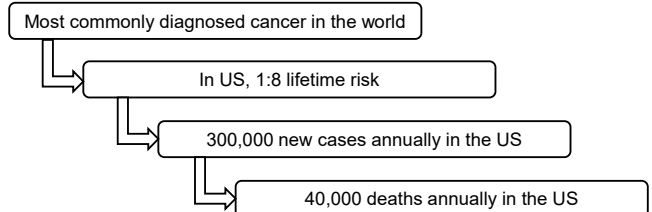


- Exposure to DES in utero
  - Increased risk of vaginal and cervical cancer → Annual exam for life

ClinicalInfo.HIV.gov, Jul 2024

### Breast Cancer Screening

### Breast Cancer – Epidemiology



ACS, Cancer Statistics, 2023



### Breast Cancer Screening – Guidelines

	USPSTF	ACOG	ACS	NCCN
Mammogram Initiation and Frequency	≥40yo: biennial	≥40yo: annual or biennial	40-44: optional annual 45-54: annual ≥55: annual or biennial	≥40yo: annual
Discontinuing screening	Age 75yo	Shared decision making after 75yo	Life expectancy <10yr	Life expectancy <10yr

USPSTF, JAMA, Jun 11, 2024  
ACOG, Oct 10, 2024  
ACS, Dec 19, 2023  
NCCN, Feb 2025

### Breast Cancer Screening – Differences in Guidelines

- Annual vs Biennial Screening
  - Small reduction in deaths, increase in life-years gained
  - Large increase in false positives, unnecessary biopsies/imaging, overdiagnosis
  - USPSTF: Biennial screening has favorable balance of benefits to harms

JAMA Oncology, Nov 2015  
USPSTF, JAMA, Jun 11, 2024

### Breast Cancer Screening – Risks/Benefits

#### Benefits

30% breast cancer mortality reduction

#### Risks

False positives  
False negatives  
Radiation  
Overdiagnosis  
Anxiety, Discomfort

JAMA, Jun 11, 2024

### Breast Cancer Screening – Risks/Benefits

#### Benefits

30% breast cancer mortality reduction

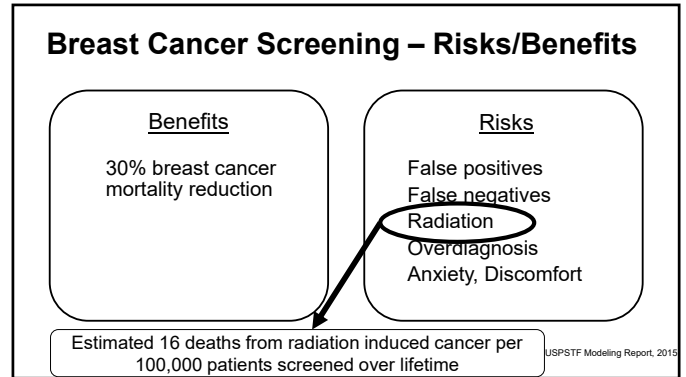
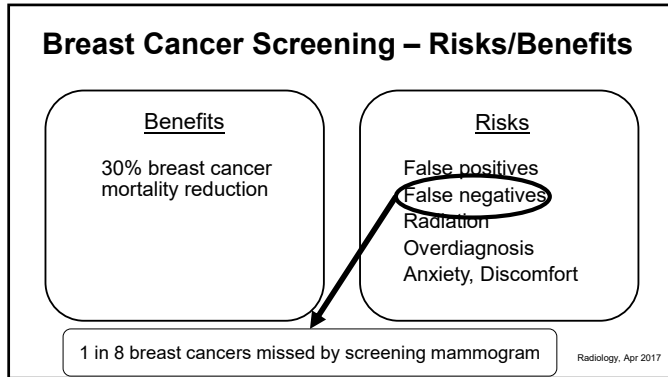
#### Risks

False positives  
False negatives  
Radiation  
Overdiagnosis  
Anxiety, Discomfort

40-60% recall rate over 10 years of screening

NEJM, Apr 16 1998  
Ann Int Med, Oct, 18 2011





### Breast Cancer Screening – Additional Screening Modalities

- Clinical Breast Exam
  - May have small increase in cancer detection without change in outcomes
  - High false positive rate

USPSTF	ACS	ACOG	NCCN
Does not recommend for or against CBE – insufficient evidence	Does not recommend CBE "Breast self-awareness"	Age 25-39yo: offer every 1-3 years Age >40: offer annual CBE	25-40yo: Q1-3Y >40yo: annual

USPSTF, Ann In Med, 2009

### Breast Cancer Screening – Additional Screening Modalities

- Whole Breast Ultrasound
  - Handheld/manual vs automated
  - Small increase in sensitivity, large increase in false positives
  - Adjunct in patients with dense breast tissue?
    - USPSTF: not enough evidence to recommend
    - No guidelines from ACOG, ACS
  - May not be covered by insurance

JAMA Intern Med, 2019



### Breast Cancer Screening – Additional Screening Modalities

- MRI
  - Most sensitive test available
  - Limited by cost, contrast exposure
  - Used in conjunction with mammogram
  - Recommended for use in high-risk populations:
    - Calculated lifetime risk >20%
      - BRCA1/2
      - Strong family history of breast/ovarian cancer
      - History of radiation to chest (Hodgkin lymphoma)

### Breast Cancer Risk Assessment

- Various models:
  - The National Cancer Institute Breast Cancer Risk Assessment Tool (Gail Model)
  - The Breast Cancer Surveillance Consortium's Risk Calculator
  - Tyrer-Cuzick
- Accounts for additional risk factors – personal/family history, ancestry, breast density, parity, age of menarche, first live birth, etc.
- 20% is generally used as cut off for “high risk”

### Ovarian Cancer Screening

### Ovarian Cancer Screening

- No recommendations to screen average risk patients
- Refer patients with high-risk family history to genetic counselor
- Can be considered in high-risk patients (BRCA1/2, Lynch syndrome)
  - TVUS, CA125 Q6 months

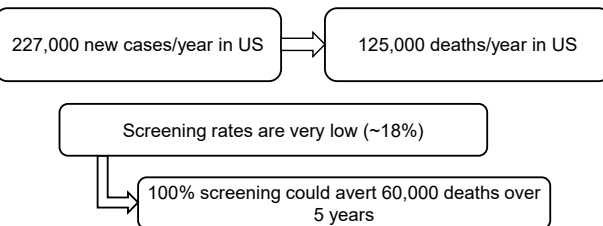


### Genetic Testing – Breast/Ovarian Cancer Risk

- Personal history of breast cancer <50yo or ovarian cancer
- Breast cancer at any age if:
  - ✓ Male
  - ✓ Ashkenazi Jewish ethnicity
  - ✓ Triple negative
  - ✓ Multiple primary breast cancers
  - ✓ Multiple family members with ovarian, breast, prostate, or pancreatic cancers
- Family history of any of the above

### Lung Cancer Screening

### Lung Cancer – Epidemiology



ACS, Cancer Statistics, 2025  
JAMA, Nov 19, 2025

### Lung Cancer Screening - NLST

- National Lung Screening Trial (NLST) (2011)
  - Compared LDCT to CXR
    - Number needed to screen (to prevent 1 death): 320
    - 20% relative reduction in mortality from lung cancer
    - 6.7% reduction in all-cause mortality

NEJM, Aug 4, 2011



## Lung Cancer Screening - USPSTF Guidelines

Patient selection	Modality	Frequency
50-80yo* ≥20 pack year smoker Current smoker or Quit in last 15 years	Low-dose chest CT	Annual

\*Medicare only covers up to age 77yo

USPSTF, Mar 9, 2021

## Lung Cancer Screening – Risks/Benefits

### Benefits

20% lung cancer mortality reduction  
6.7% all cause mortality reduction

### Risks

False positives  
Radiation  
Overdiagnosis  
Anxiety  
Incidental findings

## Lung Cancer Screening – Risks/Benefits

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20% lung cancer mortality reduction  
6.7% all cause mortality reduction

### Risks

False positives  
Radiation  
Overdiagnosis  
Anxiety  
Incidental findings

24% of scans abnormal with 96% being false positive

NEJM, Aug 4, 2011

## Lung Cancer Screening – Risks/Benefits

### Benefits

20% lung cancer mortality reduction  
6.7% all cause mortality reduction

### Risks

False positives  
Radiation  
Overdiagnosis  
Anxiety  
Incidental findings

LDCT = 14 CXR = ¼ typical chest CT  
1 radiation induced cancer for every 108 cancers detected

NEJM, Aug 4, 2011



## Lung Cancer Screening – Risks/Benefits

### Benefits

20% lung cancer mortality reduction  
6.7% all cause mortality reduction

### Risks

False positives  
Radiation  
Overdiagnosis  
Anxiety  
Incidental findings

Estimated around 8.9%

NEJM, Jan 29, 2020

## Lung Cancer Screening – Counseling Points

- Smoking cessation!!
- Follow-up studies are needed for adequate screening
  - Annual testing
  - Additional testing for abnormalities found – follow-up imaging, potential for biopsy
- High likelihood of false positives leading to further investigations

## Lung Cancer Screening – Discontinuation

- Age >80yo
- No smoking in last 15 years
- Limited life expectancy

USPSTF, Mar 9, 2021