

Hi, my name is Emmanuel Nidhiry. I'm a Board-certified oncologist and hematologist, practicing at Ephraim McDowell Cancer Center in Danville. I've been practicing in Danville for 13 years. As a group, we have been in the community, for about 25 years.

Cancer is a leading cause of mortality in the U.S. Cancer screening has been proven to save lives. Cancer screening is generally recommended for common cancers, for which meaningful interventions can be done, to save lives if it is detected early. So, it is very important to follow general screening recommendations, for individual cancers.

The general recommendation for cancer screening, are issued by American Cancer Society and U.S. Preventive Services Task Force. These recommendations are for common cancers, like breast cancer and cervical cancer in women. Lung cancer, colon cancer, as well as prostate cancer.

Based on your individual family history, there might be a need for additional screening. That is a discussion you need to have with your healthcare provider, to make a decision in that regard.

At this point in time, we don't have a universal screening test for all cancers. The current recommendations are only for common cancers like breast, colon, prostate, and lung.

Yes, typically, you need an order from the doctor to get the screening test. It also helps in coordinating the care after the test is done. If there is any question, if you need any additional testing, or the screening test shows any signs of cancer. Then, further care needs to be coordinated as needed, and having that doctor ordering the test, will help to coordinate the care at that point.

So, the test depends on the individual cancer. Breast cancer is a common cancer in women. Breast cancer affects one in seven women. So, the current recommendations from American Cancer Society, includes an annual screening mammogram starting at the age of 45, and a mammogram every other year for women 55 years and older.

Colon cancer has become more common in younger people over the past couple of decades. Taking that into account, American Cancer Society has lowered the age of screening to 45 from 50 recently. This could be either a stool test like a FIT test or Cologuard. It can be a virtual test like colonoscopy, where a doctor looks inside the colon, to check for any growth or polyps.

The current recommendations for cervical cancer screening, is to have the screening start at age 25 and continue until age of 65. The current test that are utilized include HPV DNA testing, which is a test for virus, viral infection associated with increased risk for cervical cancer. Alternatively, doing a PAP test every three years.

The common cancer, for which there is a recent screening recommendation, is lung cancer. For which screening has started over the past couple of years. Lung cancer continued to be a dominant cause of cancer related death in the U.S., accounting for more people dying of lung cancer compared to breast, colon, and prostate cancer, put together.

So, it is a blessing to have this screening test approved recently. The current recommendation, is to have a low dose screening CT scan done every year, starting at age of 55 and continuing to age of 75. This recommendation is only for smokers or former smokers.

Prostate cancer screening has been done commonly, but the current recommendation is to have a discussion about your risk with your doctor, and make an individual decision. There is no universal recommendation, for prostate cancer screening, at this time.

After cancer screening, your healthcare provider will communicate the result. If a cancer is found, there will be referrals made to surgeons and oncologists, to take care of the cancer.

There has been a lot of newer advances in the treatment of cancer. Including development of new treatment modalities, like immunotherapy and targeted therapy, which has significantly improved

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the outcome. Diagnosing the cancer early by screening, significantly improves the chance that the cancer will be potentially cured with treatment.

I want to emphasize the fact that cancer screening saves lives. So, it's very important to follow the screening recommendations put forth by the American Cancer Society.