

## 2009 State of the Plan: Cancer Screening and Early Detection

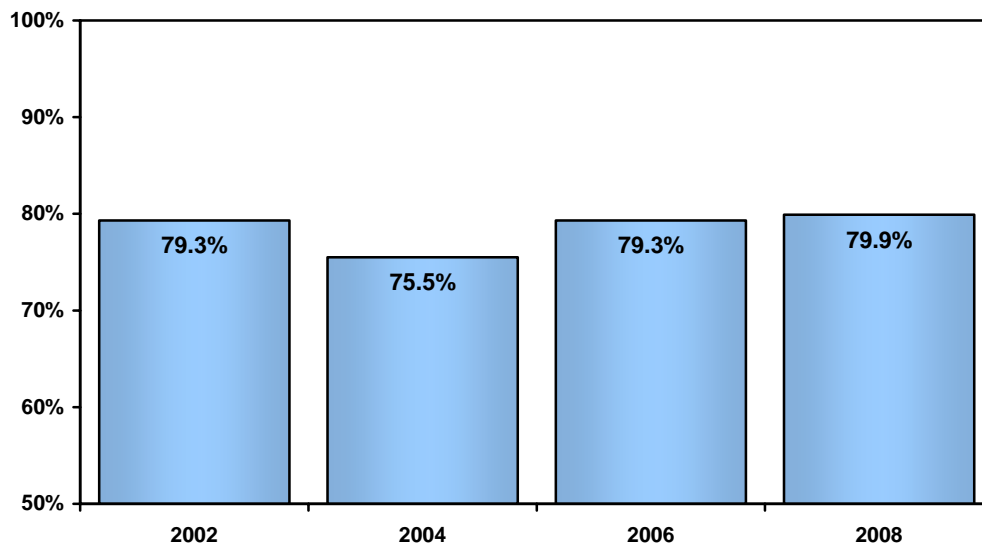
Cancer screening is a major factor in the early detection and treatment of cancer and with some cancer sites screening can detect precancerous cells before they develop into cancer. Therefore, the New York State Comprehensive Cancer Control Plan (NYSCCCP) recommends several cancer screenings as strategies to meet the plan goals for early detection of cancer.

### Screening for Breast Cancer

Routine mammography of older women is encouraged as a screening method to diagnose early breast cancer. The United State Preventive Services Task Force (USPSTF) and the American Cancer Society (ACS) both recommend screening mammography every 1-2 years for average-risk women aged 40 and older. In New York State the percent of women aged 40 and older that report having a mammogram in the past two years increased slightly from 2006 to 2008 but the overall rate has not seen any significant increases since the implementation of the NYSCCCP.

#### **Percent of New York State Women age 40+ who have had a Mammogram within the Past 2 Years**

Source: BRFSS 2000-2008

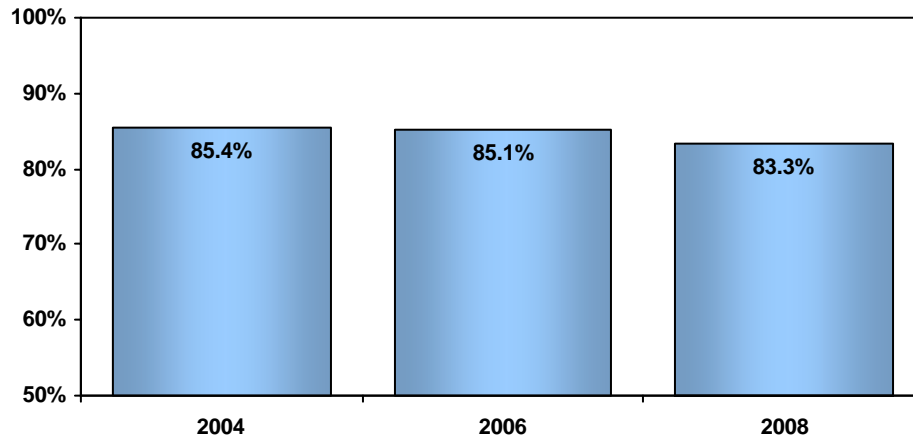


### Screening for Cervical Cancer

Cervical cancer screening is done through the use of a Pap test and regular screening can actually prevent cervical cancer by detecting abnormal or precancerous cells before they turn into cancer. The USPSTF currently recommends a Pap test at least every 3 years, beginning within 3 years of onset of sexual activity or at age 21, whichever comes first. The BRFSS began measuring Pap smear rate in 2004 and since that time the rate of women in New York state ages 18 years and older (with an intact uterus) that have had a pap test within the past 3 years has seen a slight decrease.

## Percent of New York State Women age 18+ who have had a Pap Smear within the Past 3 Years

Source: BRFSS 2004-2008

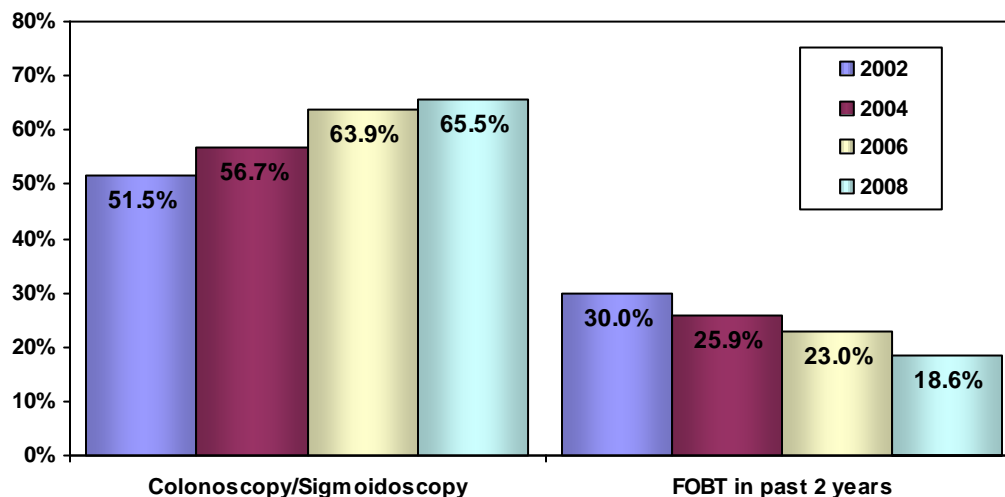


### Screening for Colorectal Cancer

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best. Regular screening, beginning at age 50, is the key to preventing colorectal cancer. The USPSTF recommends screening for colorectal cancer using high-sensitivity fecal occult blood testing, sigmoidoscopy, or colonoscopy beginning at age 50 years and continuing until age 75 years. While the percent of New York state adults ages 50 years and older that have ever had a colonoscopy or sigmoidoscopy have steadily increased since 2002 the percent of adults that have had FOBT in the past two years continues to decline.

### Colorectal Cancer Screening in New York State Adults Age 50+

Source: BRFSS 2002-2008



## **Screening for Prostate Cancer**

The PSA test for prostate cancer screening test can detect early prostate cancer but emerging research suggests that there may be disadvantages to this screening test. Some prostate cancers grow so slowly that they would likely never cause problems but because of an elevated PSA level, some men may be diagnosed with a prostate cancer that would never have caused any symptoms or lead to their death. On the other hand, treatments can have side effects that seriously affect a man's quality of life. Because of this conflicting information the USPSTF and ACS do not recommend routine screening for prostate cancer at this time and encourage men to discuss the potential harms and benefits of prostate cancer screening with their healthcare providers.

### **Percent of New York State Men Age 40+ who have Had a PSA Test within the Past 2 Years**

Source: BRFSS 2002-2008

