

WHAT ARE CANCER SCREENINGS AND WHY ARE THEY IMPORTANT?

Cancer Screening is the process of checking for cancer cells that are present - or abnormal cells that could become cancer - often before symptoms appear.

The **goal of screening** is to detect cancer early, or prevent it from starting, which can lead to better treatment outcomes and higher survival rates.

These routine, preventive tests **can - and do - save lives.**

SCREENING RECOMMENDATIONS FOR THE TRANSGENDER POPULATION

Cancer Screening Recommendations for Transgender Individuals are based on **your body**, not gender identity. **Key cancer screenings** for the transgender population include breast, cervical, and prostate, and are influenced by **hormone therapy (GAHT), surgical history, and family risk factors.**

TRANSGENDER WOMEN (assigned Male at Birth)

- **Breast Cancer - Transgender Women (assigned Male at Birth)** with at least 5 -10 years of feminizing hormone use should have **mammograms every two years starting at age 50.**
- **Prostate Cancer - Recommendations for Transgender women (assigned Male at Birth)** are to consider beginning prostate-specific antigen (**PSA**) screening **around age 50**, as gender-affirming hormone therapy does not eliminate the prostate. For **high-risk groups**, including African-Americans or those with a family history, should discuss starting screening earlier, **generally around age 40 or 45.**

TRANSGENDER MEN (assigned Female at Birth)

- **Breast Cancer - Transgender Men (assigned Female at Birth)** should follow cisgender female guidelines for **mammograms** unless bilateral mastectomies (top surgery) were performed:
 - **Ages 40 - 54 with an average risk** of breast cancer, yearly mammograms are recommended. **Ages 55 - 74**, mammograms are recommended every 2 years.
 - For individuals with **family history and/or genetic mutations** that put them **at higher risk** for breast cancer, mammograms may start earlier, often 10 years before the youngest affected relative's diagnosis.
 - For individuals who had **bilateral mastectomies (top surgery)**, yearly **chest exams** are recommended because breast tissue may still remain. Any changes or abnormalities would be evaluated via ultrasound or MRI.
- **Cervical Cancer - Transgender men (assigned Female at Birth) who still have a cervix** should undergo regular cervical cancer screening (Pap and/or HPV tests) starting at **age 21**. Screening is recommended **every 3 - 5 years** depending on age and test type.

ABOUT US

Our mission is to reach **all** people impacted by cancer - those diagnosed, their loved ones, and caregivers - so that **no one** faces cancer alone.

All our programs and services are **FREE** to our members.

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