

Cancer Screening for Cancer Survivors

According to the National Cancer Institute, “**Cancer screening** is looking for cancer *before* a person has any symptoms.” For a survivor who has/had symptoms of cancer, they may overlook the importance of screening subsequent to their initial diagnosis. The American Cancer Society has developed **Guidelines for Cancer Survivors**, which “address surveillance for recurrence in specific cancers [and] screening for second primary cancers,” among other considerations. Since having a cancer diagnosis does not preclude a survivor from a recurrence or second primary cancer diagnosis, it’s important to cater screening messaging specifically to survivors. Together with the Comprehensive Cancer Control National Partnership’s **Addressing Risk Factors for Cancer Survivors Tip Sheet**, your coalition is well-positioned to share comprehensive survivorship information with your partners.

Cancer treatments and other factors can increase the risk of a second (different) cancer. These include:

- Some chemotherapy drugs
- Radiation
- Genetic changes
- Tobacco
- Excessive sun exposure
- Other chemicals and behaviors

It is recommended that survivors talk with their healthcare provider about ways to lower risk and detect common cancers early. While survivors’ specific screening recommendations will depend on age, sex, and medical history, the following types of screening are available:

- Breast Cancer
- Ovarian Cancer
- Cervical Cancer
- Colorectal Cancer
- Lung Cancer
- Prostate Cancer
- Skin Cancer

Questions for Survivors to Ask a Healthcare Provider



What cancer screening tests are recommended for someone my age?



How often should I get the screening tests?



How do I schedule my screening tests?



Will my screening tests (or other costs) be covered by my health insurance?



How much will the screening tests cost if they are not covered by insurance?

A **cancer care plan** is a valuable tool that survivors can use to stay abreast of recommended cancer screening. According to the National Coalition for Cancer Survivorship, cancer care plans should have three parts: a treatment care plan to use during treatment, a treatment summary provided at the conclusion of active treatment, and a follow-up survivorship care plan that sets forth ongoing considerations, including cancer screening recommendations. Survivors may be encouraged to request cancer care plans from their healthcare providers.

Although cancer screenings and survivorship care plans are not explicitly required by the Commission on Cancer's **Optimal Resources for Cancer Care 2020 Standards**, accredited institutions must maintain a survivorship program that may include both.

Cancer care plan templates are also available online at:

Cancer.net

[ASCO Cancer Treatment and Survivorship Care Plans](#)

OncoLink.org

[The OncoLife™ Survivorship Care Plan](#)

Additional Resources for Cancer Survivors

HHS Health Screenings

[MyHealthfinder](#)

NCCN Guidelines

[Survivorship Care for Cancer-Related Late and Long-Term Effects](#)

Children's Oncology Group

[Passport for Care®](#)

[Long-Term Follow-Up Guidelines for Survivors of Childhood, Adolescent, and Young Adult Cancers](#)

American Cancer Society

[Screening FAQ](#), including information about scheduling a screening test, how to afford screening with or without insurance, and more

Leukemia & Lymphoma Society

[Survivorship Workbooks](#) (Navigating Life During and After a Blood Cancer Diagnosis) for Adults; Children and Adolescents; and Young Adults