



TOP CANCER SCREENING TESTS FOR EARLY DETECTION

EARLY DIAGNOSIS PREVENTS LONG-TERM COMPLICATIONS.

Combatting cancer

Cancer is a dread disease and one that remains one of the leading causes of death worldwide. While there is nothing good about cancer the only saving grace is that early detection can significantly improve survival rates and treatment outcomes. There are several screening tests designed to identify cancer before symptoms appear, allowing timely intervention. Read on to know more about some of the top cancer screening tests that play a crucial role in saving lives.

Mammogram (Breast Cancer Screening)

A mammogram is an X-ray of the breast that can detect tumours too small to be felt. It's undoubtedly the best test for breast cancer screening and is especially recommended for women over 40 or those with a family history of breast cancer. Regular mammograms help identify cancer at an early, more treatable stage.

Pap Smear and HPV Test (Cervical Cancer Screening)

Cervical cancer is one of the most preventable cancers thanks to screening. The Pap smear detects abnormal cells in the cervix, while the HPV (Human Papillomavirus) test identifies the virus that causes most cervical cancers. Women aged 21–65 should undergo regular screening every 3–5 years.

Colonoscopy (Colorectal Cancer Screening)

Colonoscopy helps detect abnormal growths or polyps in the colon and rectum, which can develop into cancer if left untreated. Adults aged 45 and older are advised to begin regular colorectal cancer screening. Other methods like faecal occult blood tests (FOBT) and stool DNA tests also help in early detection.

Low-Dose CT Scan (Lung Cancer Screening)

This screening is particularly effective for current or former smokers aged 50 and above who have a history of heavy smoking. A low-dose CT scan can detect tiny



nodules or lesions in the lungs before symptoms appear, greatly improving the chances of successful treatment.

PSA Test (Prostate Cancer Screening)

The Prostate-Specific Antigen (PSA) test measures the level of PSA in the blood. Elevated levels may indicate prostate cancer or other prostate conditions. Men aged 50 and older, or younger men at higher risk, are recommended PSA screening.

Skin and Oral Cancer Screening

Regular skin checks by a dermatologist can help spot suspicious moles or growths early. Similarly, dental check-ups often include screening for oral cancers, which are more common in tobacco and alcohol users.

Early detection saves lives. Regular cancer screening, guided by medical advice and personal risk factors, remains one of the most effective tools in the fight against cancer.