

**It is written screening  
it means prevention of tumours.**

SCREENING

if you belong to the risk age group\*, go for screening: prevention means protecting yourself against cancer and ...

*...prolongs the path of life*

Seek information from your Local Health Office (ASL) or consult the websites:

[www.lilt.it](http://www.lilt.it)

[www.osservatorionazionale screening.it](http://www.osservatorionazionale screening.it)

[www.ministerosalute.it](http://www.ministerosalute.it)

\***Breast Tumour:** Women aged between 50 and 69 years. **Screening test:** Bilateral Mammography every two years. **Cervical-Uterine-Tumour:** Women aged 25 and 64. **Screening test:** Pap test every 3 years. **Colon-Rectum tumour:** men and women between 50 and 70/74. **Screening test:** search for blood hidden in faeces every 2 years. Between 58 and 60 years. **Screening test:** Rectosigmoidoscopy to be repeated every 10 years.

- Many Italian Regions have activated or are setting up prevention campaigns for:
- Carcinoma of the colon and rectum, by means of screening for occult faecal blood or rectosigmoidoscopy
  - carcinoma of the cervix uteri, using the Pap-test
  - carcinoma of the breast, using mammography

**For the carcinoma of the colon and rectum (last part of the intestine), prevention is carried out with screening for occult faecal blood or with rectosigmoidoscopy.**

Many lives can be saved with these exams, finding small carcinomas, which are easier to cure, or removing alterations (polyps or more precisely adenoma) which may precede the appearance of the carcinoma.

**What is the examination of screening for occult faecal blood?**

It consists of screening for the presence of blood in the faeces, which is invisible to the naked eye. It is a simple test which can be done at home after having collected the necessary material from the screening centre. In the regions where the screening campaign is active, all men and women between 50 and 70-74 years old are invited to perform it every two years.

**What is rectosigmoidoscopy?**

It is another examination for preventing carcinoma of the colon and rectum which is performed by using a flexible instrument introduced into the anus, which examines the internal surface of the last part of the colon and rectum and allows removal of any polyps. In some Italian Regions, men and women between 58 and 60 years old are invited to perform this examination every 10 years.

**And if these examinations are found to be positive?**

If the screening for occult faecal blood should find traces of blood or if the rectosigmoidoscopy should reveal polyps of a large dimension or with particular features, a colonoscopy must be performed to check the internal walls of the whole colon and rectum and remove any polyps. However, do not be alarmed because most of the time the results of the examination are normal.

**For carcinoma of the cervix uteri, prevention is carried out with the Pap-test.**

**What is the Pap-test?**

It is a simple and painless examination, which is carried out by removing the material present in the cervix uteri with a spatula and a brush and analysing it in a laboratory. In this way it is possible to detect any alterations of the tissue lining the cervix uteri, whose therapy prevents the onset of the carcinoma. In the regions where the screening campaign is active, all women between 25 and 64 years old are invited to carry out the test every three years.

**And if the test shows some alterations?**

Another examination must be performed (colposcopy), in an out-patients department. This does not necessarily signify the presence of alterations of the cervix uteri. If necessary they can almost always be cured in an out-patients department.

**For carcinoma of the breast prevention is carried out with a mammography.**

**What is the mammography?**

It is an X-ray of the breasts, with which it is possible to determine a carcinoma of the breast in a very early phase, when it can still be effectively cured. In most Italian Regions screening programmes are active in which all women between 50 and 69 years old are invited to have a mammography every two years.

**And if the mammography shows some alterations?**

In this case the screening centre contacts the woman to carry out other tests. There is no need to be alarmed because in most cases it turns out to be normal.

All the screening examinations are free of charge and there is no need for a specific request from the doctor. All the screening examinations are extremely reliable, but like all medical procedures they are not infallible. It is a good idea to see your family doctor if any disorders should appear between the screening periods.