

PREVENTATIVE HEALTH SCREENINGS BY AGE

Yearly Screenings for Everyone

 Physical Exam

 Dental Exam

 Eye Exam

Age 20-30

Previous screenings plus:

- **BREAST SELF-EXAM** - once a month
- **TESTICULAR SELF-EXAM** - once a month
- **DIABETES SCREENING** - annually
- **CERVICAL CANCER SCREENING** - every 3 years

Previous screenings plus:

- **CHOLESTEROL SCREENING** - annually
- **CERVICAL CANCER SCREENING** - every 5 years until 65

Age 30-40

Age 40-50

Previous screenings plus:

- **BREAST CANCER SCREENING** - first mammogram between age 40 and 50, repeated every 1 to 2 years until 75
- **COLON CANCER SCREENING** - repeated every 10 years; normal stool screenings should be repeated annually

Previous screenings plus:

- **LUNG CANCER SCREENING** - annually for those who have smoked the equivalent of one pack a day for 20 years, currently smoke, or have quit within the past 15 years
- **PROSTATE CANCER SCREENING** - repeated as determined by your doctor

Age 50+

Age 65+

Previous screenings plus:

- **COGNITIVE SCREENING** - repeated as determined by your doctor
- **OSTEOPOROSIS SCREENING** - repeated as determined by your doctor