



Personal Health Screening Guidelines

Know When to Talk to Your Doctor

| | SCREENING | PURPOSE | AGE 20-29 | AGE 30-39 | AGE 40-49 | AGE 50-59 | AGE 60+ | |
|---------------|---|--|--|--|---|--|---|--|
| MEN AND WOMEN | Cholesterol (includes total cholesterol, HDL and LDL) | Identify people at high risk for heart disease and stroke | Every 5 years if normal; more often if abnormal or other risk factors are present | Men > 35: annually Women: every 5 years if normal; more often if abnormal or other risk factors are present | Annually | | | |
| | General physical examination | Detects conditions before symptoms develop | Every 1-2 years; more often if there are abnormalities | | Every 1-2 years; more often if there are abnormalities | Annually | Annually | |
| | Blood pressure | Identify people at high risk for heart disease and stroke | Every 2 years if normal; more often if high (> 120/80) | | | | | |
| | Immunizations | Create immunity against a particular disease | <ul style="list-style-type: none">• Tetanus-diphtheria: booster every 10 years• Measles/Mumps: once if born after 1956• Rubella: once (for women of childbearing age)• Talk to your doctor about influenza or pneumococcal vaccines if you have a chronic disease | | | | | Influenza and pneumococcal vaccines annually beginning at age 65 |
| | Fecal occult blood test (FOBT) | Detect blood in the stool; screens for diseases, including colorectal cancer | | | | Annually | | |
| | Flexible sigmoidoscopy/ colonoscopy | Detect abnormalities in colon, including cancer | | | | Baseline at age 50, then every 5 years | | |
| | Eye exam | Screen for glaucoma | Annually for individuals at high risk for glaucoma (African-American, family history, diabetes or very nearsighted) | | | | | |
| WOMEN | Breast exam | Detect cancer and precancerous changes in breast | Self-exam monthly; annual exam by physician | | | | | |
| | Mammography | Detect cancer and precancerous changes in breast | | | Every 1-2 years | Annually | | |
| | Pelvic exam/ Pap smear | Detect abnormalities in the cervix that may be cancerous | Annual pelvic exam and Pap smear | 30-59: annual pelvic exam; Pap or Pap + HPV test every 2-3 years if normal; annually if abnormal | | | 60-65: every 3 years if normal; may discontinue after age 65 | |
| | Bone mineral density test | Detect loss of bone mass (osteoporosis) | | | | Baseline at menopause or age 50; routine testing if at high risk | Routine testing after age 65; begin at age 60 if at high risk | |
| MEN | Prostate-specific antigen (PSA) test | Detect prostate cancer in its earliest stages | | | Every 1-2 years if African-American or with first- degree relative with prostate cancer | Every 1-2 years | | |