

HEALTH SCREENING GUIDELINES



You will want to work with your primary care physician to determine which screenings are right for you. The guidelines below are provided as general guidelines for most healthy adults. Talk with your physician about the need for more frequent screenings and testing if you have a family history of disease or if you possess other risk factors.

Cancer screenings	
Breast cancer	Mammography and clinical breast exam annually starting at age 40
Cervical cancer	Pap test without HPV annually ages 21-30 (or 3 years after becoming sexually active); Pap test with HPV test every 1-3 years after age 30
Colorectal cancer	First screening colonoscopy at age 50 and every 10 years thereafter, or, starting at 50, fecal occult blood testing annually and sigmoidoscopy every 5 years
Prostate & testicular cancer	Digital rectal exam (DRE) and/or prostate-specific antigen (PSA) blood test starting at age 40 for African-American men and others at risk; DRE and/or PSA test annually after age 50
Skin cancer	Every 3 years ages 18-40; annually after age 40
Cholesterol screening	Every 5 years after age 20
Diabetes screening	Every 3 years after age 45
Glaucoma screening	At least once before age 40; every 2-4 years after age 40; every 1-2 years after age 65
Hypertension/blood pressure screening	Every 1-2 years starting at age 18
Infectious diseases	
Sexually transmitted disease	Annually for those sexually active under age 25; annually for those over 25 and at risk
Hepatitis B & C	Periodic testing if at risk; annually for Hepatitis B carriers
Tuberculosis	Skin testing every 1-2 years for those at risk
Osteoporosis screening	Bone mineral density (BMD) testing for all post-menopausal women with one or more risk factors for osteoporosis fractures; BMD testing at least once after age 65

Good health practices include regular vision, hearing, dental and mental health exams as well. Talk with your primary care physician about the frequency that's right for you. Disease, such as tuberculosis and some cancers, can be effectively treated when detected early. See your doctor if a lump or persistent lesion appears on your body, you have unexplained weight loss, you have a prolonged fever, a chronic cough develops or you cough up blood, or you experience continued unexplained body aches or pain. Talk with your doctor about a schedule for immunizations, including tetanus/diphtheria/pertussis, influenza (flu), meningococcal (meningitis), pneumococcal (for pneumonia), and varicella (chicken pox).