



Preventive Health Care – Preventive Screenings

At your annual checkup talk to the doctor about what preventive screenings are needed. Preventive screenings or tests look for health problems before a person has symptoms. Tests should be done based upon a person’s age, sex, health, and family history. ***The following recommendations are for everyone. The doctor may recommend additional tests based upon your personal risk.***

Health Screenings Recommended by Age and Sex*			
AGE	SCREENING RECOMMENDED	WOMEN	MEN
6+	Overweight and Obesity screening and counseling Children, Adolescents, Men and Women – Once a year.	X	X
18+	High blood pressure screening Men and Women - Once a year.	X	X
20+	Cholesterol screening Men - Age 35 and older, Age 20 and older if at increased risk of heart disease. Women – Age 45 and older, Age 20 and older if at increased risk of heart disease.	X	X
	Type 2 diabetes screening Men and Women with continued high blood pressure.	X	X
21	Cervical cancer screening Women – Age 21 through 29 – Once every 3 years. Women – Age 30 through 65 – Once every 3 to 5 years – How often a woman gets screened after 30 depends upon the test used. Talk to the doctor to get a recommendation for the test to be used.	X	
50	Breast cancer screening Women – At age 40 start talking to the doctor about risk. From Age 50 to 74 – Get screened for breast cancer every two years	X	
	Colon cancer (colorectal) screening Men and Women – Age 50 until 75 – How often a person gets screened depends upon their risk for colorectal cancer and the type of screening test used. The doctor will make a recommendation about the right test and how often to get it.	X	X
	Prostate cancer screening Men – Age 50 and older – Talk to the doctor about the need for prostate cancer screening. The doctor will make a recommendation based upon risk factors.		X
65+	Osteoporosis screening Women – Age 65 and older – Talk to the doctor about frequency of testing after age 65. The doctor will make a recommendation based upon risk factors. Men – Age 70 and older – Men are less likely to have osteoporosis. Men who are more at risk may have a lower body weight or be inactive.	X	X

*Recommendations for conditions for which doctor’s commonly screen.

<http://www.uspreventiveservicestaskforce.org/recommendations.htm>, <http://www.uptodate.com/contents/high-cholesterol-and-lipids-hyperlipidemia-beyond-the-basics>, and <http://annals.org/article.aspx?articleid=740825>