

# Screening Recommendations for Adults

**Regular** health screenings and exams help detect health problems early or before they start. Getting regular health screenings increases your chances of living a longer, healthier life.

## Screening Recommendations for General Health

Screening Name	Description	Ages 18-39	Ages 40-49	Ages 50-64	Age 65 and over
A Physical Examination Including...	A series of tests (listed below) that assess your general health status.	1 time each year			
Blood Pressure	Measures the pressure in your arteries as your heart pumps. A normal reading is 120/80.	1 time each year	1 time each year, if readings are in a normal range		
Cholesterol	A "Lipid Panel" to measure the amount of "good" and "bad" cholesterol and triglycerides.	Every 5 years		Every 5 years, if readings are in a normal range	
BMI (Height and Weight)	A measurement that tells you if you are at a weight for your height.	1 time each year			
Diabetes (Fasting Glucose or A1C)	Measures the amount of sugar, or glucose, in your blood.	N/A	Once every 3 years		
Dental Exam	Including a cleaning and oral exam to look for any problems.	2 times each year			
Eye Exam	A series of tests performed to assess your vision	Once every 2-4 years	Once every 1-3 years depending on your vision		
Hearing Exam	Tests performed to assess hearing loss or sensitivity	Every 10 years		Every 3 years	
Colorectal Cancer Screen (Colonoscopy)	Used to detect changes or abnormalities in the colon and rectum	N/A		Every 10 years (beginning at age 45)	
Lung cancer	Used for adults who have a 30-pack history, currently smoke, or have quit in the past 15 years	N/A		1 time each year if at high risk, or current smoker	
Skin/Mole Exam	Evaluates skin, and moles to check for abnormalities and risk for skin cancer	Monthly Self-Exam		Monthly Self-Exam and at yearly checkups with doctor	

See backside for gender-specific recommendations...

# Gender-Specific Screening Recommendations for Adults

## Female Health Screening Recommendations

Screening Type	Description	Ages 18-39	Ages 40-49	Ages 50-64	Age 65 and Over
PAP Smear/ Pelvic Exam	Tests for cervical cancer or abnormalities in and around the reproductive system	Once every 3 years after age 21, every 5 years after age	Once every 5 years		
Mammogram	An X-Ray of the breast used to detect breast cancer	Only if you have a high risk for breast cancer, or family history	Every 1-2 years, depending on risk for breast cancer		
Clinical Breast Exam	A physical exam done by a doctor to look for abnormalities	Every 1-3 years at physical exam	Monthly self-examination, yearly at physical exam		
Bone Density Screen	Used to diagnose osteoporosis and risk for fracture	N/A	Needed if at high risk for fracture		Get at least one test done to assess bone health

## Male Health Screening Recommendations

Screening Type	Description	Ages 18-39	Ages 40-49	Ages 50-64	Age 65 and Over
Digital Rectal Exam	Checks for abnormalities of the prostate and risk for colon cancer	Yearly if at high risk for colon cancer		Yearly during a physical exam	
Prostate Specific Antigen (PSA)	A blood test used primarily to screen for prostate cancer	N/A		Every 1-2 years depending on risk	
Testicular Exam	An inspection of the appearance and feel of the testicles to check for abnormalities	Monthly self-exams		Yearly during a physical exam	
Bone Density Screen	Used to diagnose osteoporosis and risk for fracture	N/A	Needed if at high risk for fracture		Get at least one test done to assess bone health