

Health Screening Guidelines*



WOMEN & MEN

Screening	Purpose	20-29	30-39	40-49	50-59	60+
Cholesterol, HDL, LDL and triglycerides	Identify people at high risk for coronary artery disease	Every 5 years depending on risk	Every 5 years depending on risk	Every 1-3 years depending on risk	Annually	Annually
General Physical Exam	Detect conditions before symptoms develop	Every 2-3 years	Every 2-3 years	Every 2-3 years	Annually	Annually
Immunizations	Create immunity against a particular disease	Diphtheria-Tetanus , every 10 years. Rubella , once if necessary (females only). Influenza , annually. Pneumococcal vaccine , once after age 65.				
Colon Cancer Screening	Detect cancers and growths (polyps) on the inside wall of the colon before they become cancerous				Persons of average risk should begin screening at age 45.	
Lung Cancer Screening	Detect cancer in high-risk population (based on smoking history).				Talk to your primary care provider to see if you qualify for a low-dose CT scan.	



WOMEN

Breast Cancer Screening	Detect cancer and precancerous changes			Annually, starting at 40	Annually	Annually
Pap Smear	Detect abnormal cells that may become cancerous	Every 3 years**	Every 3 years**	Every 3 years**	Every 3 years**	Every 3 years**
Bone Density	Detect osteoporosis and bone density					Baseline at 65



MEN

Prostate Cancer Screening	Detect prostate cancer in the earliest stages				Annually	Annually
Testicular Self Exam	Detect testicular cancers, the most common malignancy in American men between ages 15 and 35	Monthly	Monthly			

*Guidelines may vary based on risk factors.

**Screenings every 3 years without HPV testing, or every 5 years with HPV testing.

