



## Guideline for General Health Screenings

Screening	Purpose	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Cholesterol, HDL, LDL, Triglycerides	Identify people at high risk for coronary artery disease.	Every 5 years depending on level	Every 5 years depending on level	Every 1-3 years depending on level	Annually	Annually
EKG	Identify injury to heart or irregular rhythms.			Baseline test between ages 40 and 45	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 particular diseases.	Diphtheria – Tetanus every 10 years. Rubella once if necessary (females only). Influenza annually age 65 and older. Pneumococcal vaccine once after age 65.				
Rectal Exam	Detect any abnormalities on the rectum.				Annually	Annually
Colonoscopy	Detect cancers and growths (polyps) on the inside wall of the colon before they become cancerous.				Every 3-5 years	Every 3-5 years
Hemoccult	Detect blood in stool to screen for various diseases.			Every 2-3 years	Annually	Annually
Blood Pressure	Detect elevated blood pressure which could lead to heart attack or stroke.	Annually	Annually	Annually	Annually	Annually
General Eye Exam	Detect hidden disease in the eye or body.	Every 5-10 years	Every 5-10 years	Every 3-5 years	Every 3 years	Every 1-2 years

These are overall guidelines and not a substitute for medical advice.



### Screenings Guideline for Women

Screening	Purpose	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Breast Self Exam	Look for color changes, skin irregularities, lumps and changes in the nipples.	Monthly	Monthly	Monthly	Monthly	Monthly
Mammography	Detect cancer/ precancerous changes.		Baseline test between ages 35 and 40	Every 1-2 years	Annually	Annually
Pap Smear	Detect abnormal cells that may become cancerous.	Annually	Every 1-3 years	Every 1-3 years	Every 1-3 years	Every 1-3 years
Pelvic Exam	Detect cancer/ precancerous changes of the cervix, uterus and ovaries.	Annually	Annually	Annually	Annually	Annually
Bone Density Screening	Detect osteoporosis and bone thinning.		Baseline at menopause. Repeat based upon results and physician advice.			

### Screenings Guideline for Men

Screening	Purpose	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Prostate Specific Antigen	Detect prostate cancer in the earliest stages.			Annually after age 40	Annually	Annually
Testicular self exam	Detect testicular cancer.	Monthly	Monthly	Monthly	Monthly	Monthly
Digital Rectal Exam	Identify early growth/tumor in prostate gland.			Annually after age 40	Annually	Annually

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