

General screening guidelines

Heart disease and cancer are the two leading causes of death in the United States, and the risks of developing a significant health condition rise significantly with age.

Your family health history can also make you predisposed to certain diseases. So it's important to understand your risk factors and receive appropriate screenings to head off potential problems when they are most treatable. Early detection could save your life.

Recommended tests are based on your age, gender and overall risk factors. The guidelines here are a general reference only. Always discuss your particular health care needs with your physician.

Tests for women



Age range	18-39	40-49	50-64	65 +
Mammogram*		Discuss with your doctor or nurse		e 74; talk to your health care or screening after age 74
Cervical cancer (Pelvic exam/pap smear)	At least every three years after age 21 or if you have been sexually active for three years	• At least ever	y three years	Ask your health care provider if you need testing
Bone mineral density (osteoporosis)			Ask your health care provider if you are at risk for osteoporosis	Receive test after age 65; talk to your health care provider about repeat testing
Blood pressure	At least ev	very two years; or annually if y	our blood pressure is higher th	an 120/80
Cholesterol	Regular screenings 40-75 years. Ask your health care provider for recommended frequency			
Obesity/BMI	Regular screenings; a BMI	of 25 to 29.9 is considered ove	erweight, and a BMI of 30 and a	above is considered obese
Diabetes (fasting plasma glucose test recommended)	Screening for pre-di		r adults ages 35 to 70 years wh nptoms of diabetes	no are overweight or
Colorectal cancer		•		gmoidoscopy, or colonoscopy d continuing until age 75

^{*}The U.S. Preventive Services Task Force (USPSTF) concludes that the current evidence is insufficient to assess the additional benefits and harms of clinical breast examination (CBE) beyond screening mammography in women age 40 and older.



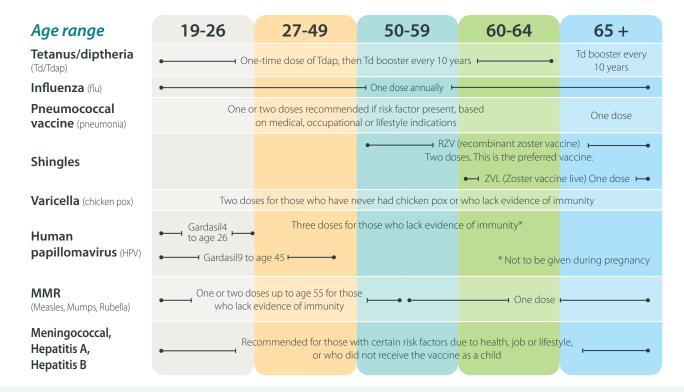
Tests for men



18-39 50-64 65 +Age range 40-49 **Blood pressure** At least every two years; or annually if your blood pressure is higher than 120/80 Regular screenings 40-75 years. Ask your health Cholesterol care provider for recommended frequency Obesity/BMI Regular screenings; a BMI of 25 to 29.9 is considered overweight, and a BMI of 30 and above is considered obese **Diabetes** Screening for pre-diabetes and type 2 diabetes for adults ages 35 to 70 years who are overweight or (fasting plasma glucose obese with no symptoms of diabetes test recommended) Colorectal Fecal occult blood testing, sigmoidoscopy, or colonoscopy beginning at age 45 and continuing until age 75 cancer Talk to your doctor about the risks and Prostate cancer benefits of screening*

Immunization guidelines

Vaccinations work to help your body learn to fight off disease and build immunity to future exposure. Traditional vaccines mimic a natural infection by introducing dead or weakened versions of the germs that trigger a specific illness. Your immune system can clear these germs from your body, without experiencing common symptoms and complications, and it will "remember" how to protect your body from germs it has encountered before. For additional information on immunizations, visit **cdc.gov/vaccines**.



^{*}The U.S. Preventive Services Task Force (USPSTF) concludes that the current evidence is insufficient to assess the balance of benefits and harms of prostate cancer screening in men younger than age 75. Given the uncertainties and controversy surrounding prostate cancer screening in men younger than 75, a clinician should not order the PSA test without first discussing with the patient.