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.*

<table>
<thead>
<tr>
<th>AGE</th>
<th>SCREENING RECOMMENDED</th>
<th>WOMEN</th>
<th>MEN</th>
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</thead>
</table>
| 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.