












# Healthy is keeping yourself in check.



## A CHECKLIST FOR HEALTH SCREENINGS BY AGE:

Most people know to get an annual check-up, but so much can happen between visits – especially identifying risk factors for certain diseases. Use this guide to find out which screenings men\* and women\* should **discuss with their doctor** at each stage of their life.

	AGE TO ADMINISTER										FREQUENCY
	0	10	20	30	40	50	60	70	80		
 <b>Abdominal Aortic Aneurysm</b>									65	75	Men aged 65 to 75 who have ever smoked should have a one-time screening.
 <b>Breast Exam</b>			25							75	Women aged 25 to 39 should get a clinical breast exam every 1 to 3 years, and women aged 40 and older should get one every year.
 <b>Cholesterol</b>			20							80+	Both men and women should have their cholesterol levels checked once a year.
 <b>Colorectal Cancer Screening</b>						45				75	Normal colonoscopies should be repeated every 10 years; normal stool screenings should be repeated annually.
 <b>Diabetes</b>			20							80+	Hemoglobin A1c, which measures blood sugar control over three months, should be checked regularly.
 <b>Cervical Cancer Screening</b>			21						65		Women should be screened every 3 years from 21 to 30 years old, and every 5 years from 30 to 65.
 <b>Lung Cancer</b>						50				80	Anyone who has smoked the equivalent of one pack a day for 20 years should have an annual chest CT scan.
 <b>Mammogram</b>					40					75	Women should have their first mammogram at age 40 and repeat once every year unless advised otherwise.
 <b>Osteoporosis</b>									65	80+	Women should have their first DEXA bone scan at 65, and repeat as determined by their physician.
 <b>Prostate Cancer</b>						50				69	Men should begin screening at age 50. Frequency is determined by your physician based on personal risk factors.
 <b>Skin Cancer</b>			20							75	Both men and women should get a professional skin exam every 3 years. Individuals who are at higher risk of skin cancer should get an annual skin exam.

**DISCLAIMER:** If you are at a higher risk for any medical condition due to family history, alcohol, tobacco use, obesity, sexual activity, or other personal factors, consult them with your doctor regularly. These are general guidelines based on recommendations from the Centers for Disease Control and Prevention, American Cancer Society, American Diabetes Association, American Thyroid Association and U.S. Department of Health and Human Services. Your doctor will customize a screening schedule for you.

\* The terms "men" and "women" refer to the sex individuals were assigned at birth, respectively.