

PREVENTATIVE HEALTH SCREENINGS BY AGE

Yearly Screenings for Everyone



Physical Exam



Dental Exam



Eye Exam



**Age
20-30**

Previous screenings plus:

- **BREAST SELF-EXAM** - once a month
- **TESTICULAR SELF-EXAM** - once a month
- **DIABETES SCREENING** - annually
- **CERVICAL CANCER SCREENING** - every 3 years

Previous screenings plus:

- **CHOLESTEROL SCREENING** - annually
- **CERVICAL CANCER SCREENING** - every 5 years until 65



**Age
30-40**



**Age
40-50**

Previous screenings plus:

- **BREAST CANCER SCREENING** - first mammogram between age 40 and 50, repeated every 1 to 2 years until 75
- **COLON CANCER SCREENING** - repeated every 10 years; normal stool screenings should be repeated annually

Previous screenings plus:

- **LUNG CANCER SCREENING** - annually for those who have smoked the equivalent of one pack a day for 20 years, currently smoke, or have quit within the past 15 years
- **PROSTATE CANCER SCREENING** - repeated as determined by your doctor



**Age
50+**



**Age
65+**

Previous screenings plus:

- **COGNITIVE SCREENING** - repeated as determined by your doctor
- **OSTEOPOROSIS SCREENING** - repeated as determined by your doctor

Acog 2015 Medicare Guide To Preventive Screenings

J Spring



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