

PREVENTIVE SCREENING RECOMMENDATIONS

MEN & WOMEN

The right preventive care at every stage of life helps you stay healthy, avoid or delay the onset of disease, and keeps conditions you already have from becoming worse. These are general guidelines only. Your primary care provider will personalize the timing of the screenings and vaccinations you need based on many factors – talk to your primary care provider today about your preventive screenings!

= **WOMEN** = **MEN**

NOTES: _____

- 20s**
- Maintain healthy weight & discuss any concerns
 - Blood pressure every 3 years
 - Discuss cholesterol and diabetes
 - STDs including HIV
 - Discuss vaccinations such as HPV, tetanus, whooping cough and flu
 - Cancer screening: Pap and/or HPV every 3 years**

- 30s**
- Maintain healthy weight & discuss any concerns
 - Blood pressure every 3 years
 - Discuss cholesterol and diabetes
 - STDs including HIV
 - Discuss vaccinations such as tetanus, whooping cough and flu
 - Cancer screening: Pap and/or HPV every 3-5 years**

- 40s**
- Maintain healthy weight and discuss any concerns
 - Blood pressure every 3 years
 - Discuss cholesterol and diabetes
 - STDs including HIV
 - Discuss vaccinations such as tetanus, whooping cough and flu
 - Cancer screening: Colon cancer
 - Cancer screening: Pap and/or HPV every 3-5 years**
 - Discuss Mammogram**

- 50s**
- Maintain healthy weight and discuss any concerns
 - Blood pressure annually
 - Discuss cholesterol and diabetes
 - STDs including HIV
 - Hepatitis C screening (if born between 1945-1965)
 - Discuss vaccinations such as pneumonia, shingles, tetanus, whooping cough and flu
 - Colon cancer screening
 - Lung cancer screening annually Starting at age 55 (if high risk)
 - Cancer screening: Pap and/or HPV every 3-5 years**
 - Mammogram every 2 years (minimum)**
 - Prostate cancer screening (if patient requests or is high risk)**

- 60s and 70s**
- Maintain healthy weight and discuss any concerns
 - Blood pressure annually
 - Discuss cholesterol and diabetes
 - STDs including HIV
 - Hepatitis C screening (if born between 1945-1965)
 - Discuss vaccinations such as pneumonia, shingles, tetanus, whooping cough, flu and RSV
 - Colon cancer screening until age 75 (minimum)
 - Lung cancer screening annually until age 80 (if high risk)
 - Osteoporosis screening at least once**
 - Mammogram every 2 years until age 75 (minimum)**
 - Lung cancer screening annually until age 80 (if high risk)**
 - Abdominal aortic aneurysm screening once between ages 65-75 (if history of tobacco use)**
 - Prostate cancer screening (if patient requests or is high risk)**

80s Continue to meet at least annually with your primary care provider to discuss screening and treatment options that are right for you.