

Annual Screenings

Test	When
Blood glucose (sugar)	Baseline at age 40; then every 3 - 5 years until age 60; then every other year
Blood pressure	Annually; more often if taking birth control pills or have a history of high blood pressure
Bone density	At menopause in women under 65 who have high risk factors; after age 65 for women at normal risk
Breast clinical exam	Annually after age 18
Breast self-exam	Monthly after age 18
Cholesterol	Every two years for all women; if levels are high, consult your physician
Colon/rectal exams	After age 50, stool for occult blood annually and flexible sigmoidoscopy with digital rectal exam (DRE) every 5 years; colonoscopy and DRE every ten years
Dental check-up	Twice a year
Eye exam	Age 18 - 40, if eye problems suspected or as directed by doctor. Age 40 baseline exam, age 40 – 64, every 2 - 4 years. Age 65 & over, every 1 - 2 years.
Hearing exam	Test immediately if hearing problem or loss is suspected
Mammogram	Annually starting at age 40; younger if there is a family history of breast cancer. Consult your physician.
Pelvic exam & Pap smear	Annually beginning at age 18 or onset of sexual activity.
Skin exam	Every two years
STD and HIV tests	If symptoms are present or woman and her partner(s) has high risk history
Thyroid exam	Every 5 years starting at age 40