



# Health Screening Recommendations

<b>Test/Procedure</b>	<b>Frequency</b>	<b>Those at High Risk</b>
<b>Men:</b>		
Digital Rectal Exam of the Prostate	Every year, begin at age 50	Begin at age 40
PSA (blood test to screen Prostate Cancer)	Every year, begin at age 50	Every 6 months, begin at age 40
Testicle Self Examination	Every month, age 15 through age 40	Every month, age 15 through 40
<b>Women:</b>		
Breast Self Examination	Every month, begin at age 18	Every month, begin at age 18
Mammogram	Every 1-2 years, begin at age 40	Every year, begin at age 40
Pap Test (screen for cervical cancer)	Every year, begin at age 18 or when sexually active	Every year, begin at age 18 or when sexually active
<b>For Men and Women:</b>		
Colonoscopy	Every ten years, begin at age 50	Begin at age 40
Skin Self Examination	Every month	Every month
Dental Exam	Every six months	Every six months
Eye Exam	Every two years	Every two years
Blood Pressure	Every year	Follow your doctor's advice
Blood Glucose	Every three years, begin at age 45	Follow your doctor's advice
Cholesterol	Every five years	Follow your doctor's advice
Flu Vaccine	Every year, begin at age 50	Every year
Hapatitis B	Only for high risk men and women	Only 1 series needed
Pneumonia	1 time, at age 65	1 time, when high risk factor is discovered
Tetanus	Every ten years	Every ten years