



## PREVENTIVE HEALTH SCREENINGS FOR ADULTS

### WOMEN

#### BREAST EXAM

Starting at age 20: Monthly breast self-exam. Every 1-3 years breast exam performed by a doctor.

*If you notice any change in your breasts such as a lump, tell your doctor right away.*

#### MAMMOGRAM (x-ray of breast)

Starting at age 40 every 1-2 years.

*You may need to begin testing earlier or more frequently if you're at higher risk. Discuss with your doctor.*

#### OSTEOPOROSIS SCREENING (bone health screening)

Discuss with your doctor or at least have a bone mineral density test by age 65.

*If at increased risk for fractures or osteoporosis, may need to have screening earlier and/or more frequently.*

#### CERVICAL CANCER SCREENING (Pap smear)

Start about 3 years after you start having sex but no later than age 21. At least every 1-3 years or as advised by your doctor

*Discontinuation of routine screening in older women 65+ who have had adequate recent screening with normal Pap smears or women who have had a total hysterectomy for benign disease may be appropriate. Discuss with your doctor.*

### MEN

#### PROSTATE CANCER SCREENING

Every year starting at age 50.

*Your doctor should offer you a blood test to check PSA (prostate-specific antigen) and a rectal exam to check your prostate gland. He/she should talk to you about how you might benefit from prostate cancer testing so you can decide if you want to be tested.*

*African American men and men with a family history of prostate cancer should discuss this with their doctors starting at age 45.*

#### ABDOMINAL AORTIC ANEURYSM SCREENING

One-time screening by ultrasonography in men aged 65 to 75 who have ever smoked.

AMH Clinic 376-3333

Health Education 376-3267 or 373-3729

[www.hanford.gov/amh](http://www.hanford.gov/amh)

See reverse side for General Screening Information



## PREVENTIVE HEALTH SCREENINGS FOR ADULTS

### GENERAL SCREENING (Male and Female)

#### GENERAL PHYSICAL EXAM

Discuss with doctor or at least every 5 years starting at age 20.

*Individuals at increased risk due to age or other risk factors should be screened for cancers (e.g. thyroid, mouth, skin, lymph nodes, ovaries/testicles), tobacco use, depression, alcohol misuse, obesity, diet, and sexually transmitted diseases. Immunization status should also be assessed. Recommendation for general physical exam frequency increases with age and/or increased risk.*

#### BLOOD PRESSURE SCREENING

Start at age 18. At each office visit or at least every 2 years.

#### LIPID DISORDER SCREENING (Test for cholesterol and other fats in the blood)

Start at age 20. Every 5 years or as advised by your doctor.

*Individuals at increased risk of coronary heart disease should be screened more frequently. Discuss with your doctor.*

#### COLORECTAL CANCER SCREENING

Starting at age 50; earlier for certain high-risk individuals. Discuss with your doctor.

*Your doctor will help you decide the type of examination that is best for you and the screening frequency based on your risk. Potential screening options include fecal occult blood testing, flexible sigmoidoscopy, colonoscopy and double-contrast barium enema.*

#### DENTAL EXAM

1-2 times every year

#### VISION

Every 5 years or as advised by your eye health care provider.

*Adults age 65+ should be screened routinely for diminished visual acuity. Glaucoma screening is recommended at age 65+ or age 60+ if you are African American.*

### SPECIAL POPULATIONS

#### DIABETES MELLITUS, SCREENING FOR TYPE 2

*Adults with hypertension or hyperlipidemia should be screened.*

#### DAILY ASPIRIN USE

*Adults age 40+ and others at increased risk for heart disease should ask their doctor about the potential benefits and harms of daily aspirin therapy for the prevention of cardiovascular events.*

**See reverse side for Male/Female Screening Information**