

# WOMEN - Age Appropriate Health Screenings

| AGE       | TIMING            | SCREENING  |
|-----------|-------------------|--|
| 20s & 30s | Once a month      | <ul style="list-style-type: none"> <li>Breast self-exam</li> <li>Self-check skin cancer screening</li> </ul>   |
|           | Once a year       | <ul style="list-style-type: none"> <li>Blood pressure screening</li> <li>Height, weight, body mass index (BMI)</li> <li>Breast self-exam</li> <li>Cardiovascular evaluation</li> <li>Comprehensive physical exam</li> <li>Depression screening</li> </ul>  |
|           | Every 2-5 years * | <ul style="list-style-type: none"> <li>Blood sugar test</li> <li>Eye exam</li> <li>Human papilloma virus (HPV) test</li> <li>Pap test</li> </ul>   |
|           | Every 5 years     | <ul style="list-style-type: none"> <li>Cholesterol check</li> </ul>  |
|           | As needed *       | <ul style="list-style-type: none"> <li>Sexually transmitted diseases (STD) tests</li> </ul>  |
| 40s       | Once a month      | <ul style="list-style-type: none"> <li>Breast self-exam</li> <li>Self-check skin cancer screening</li> </ul>   |
|           | Once a year       | <ul style="list-style-type: none"> <li>Mammogram</li> <li>Full-body skin exams</li> <li>Blood pressure screening</li> <li>Height, weight, body mass index (BMI)</li> <li>Breast self-exam</li> <li>Cardiovascular evaluation</li> <li>Comprehensive physical exam</li> <li>Depression screening</li> </ul>   |
|           | Every 2-5 years * | <ul style="list-style-type: none"> <li>Blood sugar test</li> <li>Eye exam</li> <li>Human papilloma virus (HPV) test</li> <li>Pap test</li> <li>Cholesterol check</li> </ul>  |
|           | Every 10 years    | <ul style="list-style-type: none"> <li>Colon cancer screening</li> </ul>   |
|           | As needed *       | <ul style="list-style-type: none"> <li>Sexually transmitted diseases (STD) tests</li> </ul>  |
| 50s       | Once a month      | <ul style="list-style-type: none"> <li>Breast self-exam</li> <li>Self-check skin cancer screening</li> </ul>   |
|           | Once a year       | <ul style="list-style-type: none"> <li>Mammogram</li> <li>Full-body skin exams</li> <li>Blood pressure screening</li> <li>Height, weight, body mass index (BMI)</li> <li>Breast self-exam</li> <li>Cardiovascular evaluation</li> <li>Comprehensive physical exam</li> <li>Depression screening</li> </ul>   |
|           | Every 2-5 years * | <ul style="list-style-type: none"> <li>Blood sugar test</li> <li>Eye exam</li> <li>Human papilloma virus (HPV) test</li> <li>Pap test</li> <li>Cholesterol check</li> </ul>  |
|           | Every 5 years     | <ul style="list-style-type: none"> <li>Bone density test</li> <li>Thyroid panel</li> </ul>   |
|           | Every 10 years    | <ul style="list-style-type: none"> <li>Colon cancer screening</li> <li>Cardiac calcium scoring</li> <li>Hearing test</li> </ul>  |
|           | As needed *       | <ul style="list-style-type: none"> <li>Sexually transmitted diseases (STD) tests</li> <li>Low-dose lung CT scan</li> </ul>   |
| 60s       | Once/month        | <ul style="list-style-type: none"> <li>Breast self-exam</li> <li>Self-check skin cancer screening</li> </ul>   |
|           | Once/year         | <ul style="list-style-type: none"> <li>Mammogram</li> <li>Full-body skin exams</li> <li>Blood pressure screening</li> <li>Height, weight, body mass index (BMI)</li> <li>Breast self-exam</li> <li>Cardiovascular evaluation</li> <li>Comprehensive physical exam</li> <li>Depression screening</li> <li>Dementia and Alzheimer's screening</li> </ul> |
|           | Every 2-5 years * | <ul style="list-style-type: none"> <li>Blood sugar test</li> <li>Eye exam</li> <li>Human papilloma virus (HPV) test</li> <li>Pap test</li> <li>Cholesterol check</li> </ul>  |
|           | Every 5 years     | <ul style="list-style-type: none"> <li>Bone density test</li> <li>Thyroid panel</li> </ul>   |
|           | Every 10 years    | <ul style="list-style-type: none"> <li>Colon cancer screening</li> <li>Cardiac calcium scoring</li> <li>Hearing test</li> </ul>  |
|           | As needed *       | <ul style="list-style-type: none"> <li>Sexually transmitted diseases (STD) tests</li> <li>Low-dose lung CT scan</li> </ul>   |

\* And/or as recommended by your primary care provider

Source: <https://www.uhhospitals.org/services/primary-care/routine-care/your-guide-to-health-screenings-by-age> (12-01-2024)

# MEN - Age Appropriate Health Screenings

| AGE       | TIMING            | SCREENING  |
|-----------|-------------------|--|
| 20s & 30s | Once a month      | <ul style="list-style-type: none"> <li>Self-check skin cancer screening</li> <li>Testicular self-exam</li> </ul>   |
|           | Once a year       | <ul style="list-style-type: none"> <li>Blood pressure screening</li> <li>Height, weight, body mass index (BMI)</li> <li>Cardiovascular evaluation</li> <li>Comprehensive physical exam</li> <li>Depression screening</li> <li>Testicular cancer screening</li> </ul>   |
|           | Every 2-5 years * | <ul style="list-style-type: none"> <li>Blood sugar test</li> <li>Eye exam</li> </ul>   |
|           | Every 5 years     | <ul style="list-style-type: none"> <li>Cholesterol check</li> </ul>  |
|           | As needed *       | <ul style="list-style-type: none"> <li>Sexually transmitted diseases (STD) tests</li> <li>Fertility testing</li> </ul>   |
| 40s       | Once a month      | <ul style="list-style-type: none"> <li>Self-check skin cancer screening</li> <li>Testicular self-exam</li> </ul>   |
|           | Once a year       | <ul style="list-style-type: none"> <li>Full-body skin exam</li> <li>Blood pressure screening</li> <li>Height, weight, body mass index (BMI)</li> <li>Cardiovascular evaluation</li> <li>Comprehensive physical exam</li> <li>Depression screening</li> <li>Testicular cancer screening</li> </ul>  |
|           | Every 2-5 years * | <ul style="list-style-type: none"> <li>Cholesterol check</li> <li>Blood sugar test</li> <li>Eye exam</li> </ul>  |
|           | Every 10 years    | <ul style="list-style-type: none"> <li>Colon cancer screening</li> </ul>   |
|           | As needed *       | <ul style="list-style-type: none"> <li>Sexually transmitted diseases (STD) tests</li> <li>Fertility testing</li> </ul>   |
| 50s       | Once a month      | <ul style="list-style-type: none"> <li>Self-check skin cancer screening</li> <li>Testicular self-exam</li> </ul>   |
|           | Once a year       | <ul style="list-style-type: none"> <li>Cholesterol check</li> <li>Full-body skin exam</li> <li>Blood pressure screening</li> <li>Height, weight, body mass index (BMI)</li> <li>Cardiovascular evaluation</li> <li>Comprehensive physical exam</li> <li>Depression screening</li> <li>Testicular cancer screening</li> </ul>   |
|           | Every 2-5 years * | <ul style="list-style-type: none"> <li>Blood sugar test</li> <li>Eye exam</li> </ul>   |
|           | Every 10 years    | <ul style="list-style-type: none"> <li>Colon cancer screening</li> <li>Cardiac calcium scoring</li> <li>Hearing test</li> </ul>  |
|           | As needed *       | <ul style="list-style-type: none"> <li>Sexually transmitted diseases (STD) tests</li> <li>Fertility testing</li> <li>Bone density test</li> <li>Low-dose lung CT scan</li> <li>Prostate specific antigen (PSA) screening</li> </ul>  |
| 60s       | Once a month      | <ul style="list-style-type: none"> <li>Self-check skin cancer screening</li> <li>Testicular self-exam</li> </ul>   |
|           | Once a year       | <ul style="list-style-type: none"> <li>Dementia and Alzheimer's screening</li> <li>Cholesterol check</li> <li>Full-body skin exam</li> <li>Blood pressure screening</li> <li>Height, weight, body mass index (BMI)</li> <li>Cardiovascular evaluation</li> <li>Comprehensive physical exam</li> <li>Depression screening</li> <li>Testicular cancer screening</li> </ul> |
|           | Every 2-5 years * | <ul style="list-style-type: none"> <li>Blood sugar test</li> <li>Eye exam</li> </ul>   |
|           | Every 10 years    | <ul style="list-style-type: none"> <li>Colon cancer screening</li> <li>Cardiac calcium scoring</li> <li>Hearing test</li> </ul>  |
|           | As needed *       | <ul style="list-style-type: none"> <li>Sexually transmitted diseases (STD) tests</li> <li>Fertility testing</li> <li>Bone density test</li> <li>Low-dose lung CT scan</li> <li>Prostate specific antigen (PSA) screening</li> <li>Abdominal aortic aneurysm (AAA)</li> </ul>   |

\* And/or as recommended by your primary care provider

Source: <https://www.uhhospitals.org/services/primary-care/routine-care/your-guide-to-health-screenings-by-age> (12-01-2024)