

Important Health Tests

Schedule your lifesaving annual checkups. A clean bill of health will give you great peace of mind. And if something needs medical attention, the sooner it's detected, the better. Try planning checkups around your birthday; they're easier to remember that way.

TEST	FREQUENCY	APPOINTMENT DATE
BLOOD GLUCOSE (for diabetes)	20 & older; Every 5 years or as directed by doctor	
BLOOD PRESSURE	Every 2 years or as directed by doctor	
BONE DENSITY TEST (for osteoporosis)	As directed by doctor	
BREAST CANCER SCREENING *	40 & OLDER; Mammogram and Clinical Breast Exam (CBE) annually * 20s & 30s: Clinical Breast Exam (CBE) at least every 3 years * Starting in 20s: Choose whether or how often to do Breast Self-Exam (BSE) ** <i>Women at increased risk should consult their doctor about possibly starting mammography screening earlier, having additional tests, or more frequent exams.</i>	
CARDIOVASCULAR DISEASE RISK	20 & older: As directed by doctor	
CHOLESTEROL CHECK	Every 5 years as directed by doctor	
COLON & RECTAL EXAMS*	50 & older: One of these schedules: 1. Fecal Occult Blood Test every year 2. Flexible Sigmoidoscopy every 5 years △ 3. Fecal Occult Blood Test every year and Flexible sigmoidoscopy every 5 years △⊗ 4. Double-Contrast Barium Enema every 5 years △ 5. Colonoscopy every 10 years △	
DENTAL CHECKUP	Every 6 months	
ENDOMETRIAL SCREENING*	35: Discuss need for annual screening with doctor	
EYE EXAM	20-39: Baseline exam and as needed; 40-64: Every 2-4 years; 65 & older: Every 1-2 years	
HEARING TEST	Test if hearing problem or loss is suspected or as directed by doctor	
PAP TEST & PELVIC EXAM*	Start about 3 years after beginning to have sexual intercourse, but no later than age 21; Every 1-2 years based on Pap test used ***	
ROUTINE PHYSICAL (including cancer-related checkup)	As directed by doctor	
THYROID	35 & older: Every 5 years or as directed by doctor	

In view of your health history, ask your doctor whether you need more frequent tests or screenings.

* Based on American Cancer Society recommendations.

** Many experts recommend doing a monthly BSE. Consult your healthcare professional at the time of your CBE.

*** Beginning at age 30, if you have had 3 normal Pap tests in a row, your doctor may recommend less frequent screenings.

Another option for women over age 30 is to have a Pap test every 3 years *plus* the HPV test for human papilloma virus.

△ A Digital Rectal Exam should be done at the same time as Sigmoidoscopy, Colonoscopy or Double-Contrast Barium Enema.

⊗ Of the first 3 options, the American Cancer Society prefers option 3.