

BETTER HEALTH: IT'S ABOUT TIME

Protect yourself and your family by setting an example and scheduling an appointment **TODAY** for these routine screenings and vaccinations. Don't improvise. Remind friends and family that prevention is the key to a healthy life.

Keep track of your screenings and vaccinations by using the chart below:



| AGE BY DECADE | 20's | 30's | 40's | 50's | 60's | 70's |
|--|------|------|------|------|------|------|
| Skin | | | | | | |
| Mole and overall skin exam | ■ | ■ | ■ | ■ | ■ | ■ |
| Self exam of all moles | ■ | ■ | ■ | ■ | ■ | ■ |
| Heart | | | | | | |
| Cholesterol panel (LDL, HDL, and triglycerides) | ■ | ■ | ■ | ■ | ■ | ■ |
| Blood Pressure | ■ | ■ | ■ | ■ | ■ | ■ |
| Breast | | | | | | |
| Mammogram: up to age 74 (women only) | | | ● | ■ | ■ | ■ |
| Reproductive | | | | | | |
| Internal exam with Pap test (women only) | ■ | ■ | ■ | ■ | ■ | ■ |
| High-risk human papillomavirus (hrHPV) test: age 30 to 65 (women only) | | ■ | ■ | ■ | ■ | ■ |
| Digital Rectal exam | | | ● | ● | ● | ● |
| Prostate-specific antigen (PSA) test (men only) | | | ● | ● | ● | ● |
| Bones | | | | | | |
| Bone density test (post-menopausal women only) | | | ● | ● | ● | ● |
| Colorectal | | | | | | |
| Fecal occult blood test: age 45 to 75 | | | ■ | ■ | ■ | ■ |
| Sigmoidoscopy: age 45 to 75 | | | ■ | ■ | ■ | ■ |
| Colonoscopy: age 45 to 75 | | | ■ | ■ | ■ | ■ |
| Eyes, Ears and Teeth | | | | | | |
| Vision exam | ■ | ■ | ■ | ■ | ■ | ■ |
| Hearing exam | ■ | ■ | ■ | ■ | ■ | ■ |
| Dental visits for exam and cleaning | ■ | ■ | ■ | ■ | ■ | ■ |
| Immunizations | | | | | | |
| Tetanus, diptheria, and pertussis (Tdap*) vaccine | ■ | ■ | ■ | ■ | ■ | ■ |
| Influenza vaccine | ■ | ■ | ■ | ■ | ■ | ■ |
| Human papillomavirus vaccine (HPV): up to age 26 | ■ | | | | | |
| Pneumococcal Pneumonia vaccine: age 65 and older | | | | | ■ | ■ |
| Herpes zoster vaccine | | | | ■ | ■ | ■ |
| Meningococcal vaccine: up to age 23 | ● | | | | | |
| Diabetes and Endocrinology | | | | | | |
| Fasting blood glucose test: starting age 35 | | ■ | ■ | ■ | ■ | ■ |
| Thyroid test (TSH): starting at age 35 | | ■ | ■ | ■ | ■ | ■ |

- One time
- Every 2 years
- Every 1-2 years
- Every 10 years
- Discuss with your healthcare provider if attending college
- Monthly
- Every 3 years
- Every 3-5 years
- Discuss with your healthcare provider
- Every year
- Every 5 years
- Every 4-6 years

* Discuss with your doctor in cases of pregnancy or wound management. Sources: American Cancer Society, USPTF, American Heart Association, American Optometric Association, American Speech-Language-Hearing Association, American Thyroid Association, Memorial Sloan Kettering Cancer Center, Skin Cancer Foundation, Cleveland Clinic