

# Which health SCREENINGS SHOULD I GET?



## Women, 20s

- Blood pressure
- Cholesterol
- Diet and exercise
- Family planning/contraception
- Gardasil vaccine (HPV)
- Hemoglobin
- Pap smear
- Vision



## Men, 20s

- Blood pressure
- Cholesterol
- Diet and exercise
- Vision



## Women, 30s

- Blood pressure
- Cholesterol
- Diet and exercise
- Family planning/contraception
- Hemoglobin
- Mammogram
- Pap smear
- Vision



## Men, 30s

- Blood pressure
- Cholesterol
- Diet and exercise
- Vision



## Women, 40s

- Blood pressure
- Bladder incontinence
- Bone density
- Cholesterol
- Diet and exercise
- Glucose
- Long-term contraception
- Mammogram
- Pap smear
- Type 2 diabetes
- Vision



## Men, 40s

- Blood pressure
- Cholesterol
- Diet and exercise
- Glucose
- Prostate cancer screening
- Type 2 diabetes
- Vision



## Women, 50s

- Blood pressure
- Colonoscopy
- Diet and exercise
- Glucose
- Hormone replacement therapy
- Mammogram
- Menopausal symptoms
- Pap smear
- Thyroid
- Vision



## Men, 50s

- Blood pressure
- Cholesterol
- Colonoscopy
- Diet and exercise
- Glucose
- Prostate cancer screening
- Vision



## Women, 60s and 70s

- Blood pressure
- Bladder incontinence
- Bone density
- Cholesterol
- Colonoscopy
- Glucose
- Mammogram
- Vision



## Men, 60s and 70s

- Abdominal aortic aneurysm (smokers)
- Blood pressure
- Cholesterol
- Glucose
- Peripheral artery disease
- Prostate cancer screening
- Vision