





Get screened & protect yourself to live well!


Taking charge of your health means staying on schedule with important screenings and immunizations. They help catch problems early and protect you from serious illness. **Ask your doctor what's right for you.**

Screening Type	Teens	20s	30s	40s	50s	60s	70s+
 Female	Breast Cancer				Age 40-75 Mammogram every 1-2 years		
	Cervical Cancer		Age 21-65 Pap Smear every 3 years or HPV Test every 5 years				
	Osteoporosis						Age 65+ Bone Density Test every 3-5 years
 Everyone	Colon Cancer				Age 45-75 Screening Colonoscopy every 10 years (Other screening types available. Ask your doctor.)		
	Lung Cancer				Age 50-77 Low-dose CT Scan every year if you smoke now or have a strong smoking history		
	Diabetes	Age 18+ No Diabetes: A1c Test every 3 years. Age 18+ Prediabetes: A1c Test once a year. Age 18+ Diabetes, stable: A1c Test every 6 months. Age 18+ Diabetes, not stable: A1c Test every 3 months.					
	Cholesterol	Age 9-11 & 17-21: lipid profile as needed	Age 21+ Lipid profile every 1-5 years, more often if at risk. If on cholesterol medicine: recheck in 4-12 weeks, then every 3-12 months.				
 Male	Prostate Cancer				Age 40-70 Discuss screening every year		
	Aortic Aneurysm						Age 65-75 Ultrasound if you have ever smoked
	Osteoporosis						Age 70+ Bone Density Test if needed 3-5 years



VACCINES

- **Flu:** every year
- **Tetanus:** every 10 years or if you have a dirty or deep wound
- **Shingles:** 2-dose series for ages 50+ or 19+ with risk
- **Pneumonia:** once for ages 50+ or younger with risk
- **Others:** Ask your doctor if you need vaccines for health or travel.



ACTION STEPS FOR YOU

- Make a list of the screenings and vaccines you need this year.
- Ask your doctor to review your list at your next visit.
- Put screening reminders on your calendar so you don't miss them.
- Stay up-to-date – keeping up with prevention today means better health tomorrow.**