

PREVENTIVE SCREENING RECOMMENDATIONS

The right preventive care at every stage of life helps you stay healthy, avoid or delay the onset of disease, and keeps conditions you already have from becoming worse. These are general guidelines only. Your primary care provider will personalize the timing of the screenings and vaccinations you need based on many factors – talk to your primary care provider today about your preventive screenings!

WOMEN



NOTES: _____

- ## 20s
- Maintain healthy weight and discuss any concerns
 - Blood pressure every 3 years
 - Discuss cholesterol and diabetes
 - Cancer screening:
 - Pap and/or HPV (human papilloma virus) every 3-5 years
 - STDs including HIV
 - Discuss vaccinations such as HPV, tetanus, **covid**, hepatitis, whooping cough and flu

- ## 30s
- Maintain healthy weight and discuss any concerns
 - Blood pressure every 3 years
 - Discuss cholesterol and diabetes
 - Cancer screening: Pap and/or HPV every 3-5 years
 - STDs including HIV
 - Discuss vaccinations such as tetanus, covid, hepatitis, whooping cough and flu**

- ## 40s
- Maintain healthy weight and discuss any concerns
 - Blood pressure annually
 - Discuss cholesterol and diabetes
 - Cancer screenings:
 - Colon cancer (**colonoscopy starting at age 45**)
 - Pap and/or HPV every 3-5 years
 - Mammogram annually**
 - STDs including HIV
 - Discuss vaccinations such as tetanus, covid, hepatitis, whooping cough and flu**

- ## 50s
- Maintain healthy weight and discuss any concerns
 - Blood pressure annually
 - Discuss cholesterol and diabetes
 - Cancer screenings:
 - Colon cancer
 - PAP and HPV every 3-5 years
 - Mammogram **annually**
 - Lung cancer starting at age 50 (LDCT if meet criteria)
 - STDs including HIV
 - Hepatitis C screening if born between 1945-1965
 - Discuss vaccinations such as pneumonia, shingles, tetanus, **covid**, whooping cough and flu

- ## 60s AND 70s
- Maintain healthy weight and discuss any concerns
 - Blood pressure annually
 - Discuss cholesterol and diabetes
 - Cancer screenings:
 - Colon cancer until age 75 (minimum)
 - Discuss if PAP and/or HPV screening is needed
 - Mammogram **yearly (discuss with provider age to stop)**
 - Lung cancer screening annually until age 80 (if high risk)
 - Osteoporosis screening at least once
 - STDs including HIV
 - Hepatitis C screening if born between 1945-1965
 - Discuss vaccinations such as pneumonia, shingles, tetanus, **covid**, whooping cough and flu

- ## 80s
- Continue to meet at least annually with your Primary Care Provider to discuss screening and treatment options that are right for you.

