

# Health Screenings as We Age



## Health Screening is Vital at All Ages

Health screening is vital at every age for everyone. Depending on your body parts and family history, people also might consider talking with their providers about what health screenings might be right for them. Most are a simple and easy way to identify health needs before they become more advanced, and they are a great way to stay in tune with your health throughout your life.

Here are some recommendations that you can discuss with your healthcare providers. You can personalize a schedule to match your needs.

### In your 20's and 30's

#### Vaccines for All:

- Flu vaccine yearly in the fall
- HPV vaccine up to age 26
- COVID 19 vaccine or booster

#### Screenings for All:

- Eye exam every 1-2 years
- Skin exam every year
- Blood pressure screening every 2 years
- Hearing test every 10 years

#### Individual Screenings for You and Your Body:

- Pelvic exam
- Testicular exam
- Pap smear
- Mammogram
- Thyroid stimulating hormone test

### In your 40's

#### Vaccines for All:

- Flu vaccine yearly in the fall
- COVID 19 vaccine or booster

#### Screenings for All:

- Eye exam every 1-2 years
- Skin exam every year
- Blood pressure screening every 2 years
- Hearing test every 10 years

#### Individual Screenings for You and Your Body:

- Pelvic exam yearly, checks for signs of cancer
- Pap smear every 3 years, tests risk for cervical cancer
- Mammogram yearly, tests for signs of breast cancer
- Ovarian screening every 3 years post-menopause, tests for signs of ovarian cancer
- Testicular exam yearly, tests for signs of testicular cancer
- Prostate exam if high risk of prostate cancer

# Health Screenings for YOU, by Age

## In your 50's

### Vaccines for All:

- Flu vaccine yearly in the fall
- Shingles vaccine
- COVID 19 vaccine or booster

### Screenings for All:

- Eye exam every 1–2 years
- Skin exam every year
- Blood pressure screening every 2 years
- Cholesterol screening
- Colonoscopy
- Blood glucose test every 3 years, tests for diabetes
- Hearing test every 10 years

### Individual Screenings for

#### You and Your Body:

- Pelvic exam
- Testicular exam
- Pap smear
- Testicular exam every 3 years, tests for signs of testicular cancer
- Prostate screening every 3 years, tests for prostate cancer
- Mammogram
- Bone density testing



## In your 60's and beyond

### Vaccines for All:

- Flu vaccine yearly in the fall
- Shingles vaccine (if you have not already)
- COVID 19 vaccine or booster
- Pneumonia vaccine or booster

### Screenings for All:

- Eye exam every 1–2 years
- Skin exam every year
- Blood pressure screening every 2 years
- Hearing test every 10 years
- Blood glucose test every 3 years, tests for diabetes
- Cholesterol screening every year
- Colonoscopy every 5 years
- Coronary screening yearly, tests for heart disease

### Individual Screenings for You and Your Body:

- Pelvic exam
- Testicular exam
- Pap smear
- Mammogram
- Testicular exam every 3 years, tests for signs of testicular cancer
- Prostate screening every 3 years, tests for prostate cancer
- Osteoporosis screening
- Abdominal aortic aneurism screening, recommended if you have ever smoked

**A calendar can help you keep track of your health screening needs. What is the next health screening that's right for you? Ask your providers.**