

## Preventive care and screenings

### **NOTED SCREENINGS**

	<b><u>BEGINNING AGE</u></b>	<b><u>FREQUENCY*</u></b>
Cervical Cancer	18	Every 3 years
Mammogram	40-50	Every 1-2 years
Colorectal Cancer*	50	See Below
Fecal occult blood test		Every year
Flexible sigmoidoscopy		Every 5 years
Colonoscopy		Every 10 years
Prostate Exam	50	Yearly

### **ADDITIONAL SCREENINGS**

	<b><u>BEGINNING AGE</u></b>	<b><u>FREQUENCY*</u></b>
Oral health	1	Every 6-12 months
Blood Pressure (Occurs at your annual exam)	18	Every 2 years
Lipid Profile (cholesterol)	45	Every 5 years
Bone density (osteoporosis)	65	Every 2+ years

\* Or as recommended by your healthcare provider