

Personal Health Calendar:

These represent basic guidelines from the U.S. Preventive Services Task Force. Your physician or provider can recommend what you need based on your personal history.



Female

Screening Type	Teens	20s	30s	40s	50s	60s	70s+
Breast Cancer - High Risk				Age 40-74 Mammogram every 2 years			
Breast Cancer - Average Risk					Age 50-74 Mammogram every 2 years		
Cervical Cancer		Age 21-65 Pap Smear every 3 years or HPV Test every 5 years					
Cholesterol					Age 45+ Lipid Panel every 5 years		
Osteoporosis						Age 65+ Bone Density Test every 3 years	



Both

Blood Pressure		Age 18+ Blood Pressure Check every office visit					
Colorectal Cancer					Age 45-75 Screening Colonoscopy every 10 years (other screening types also available)		
Diabetes - High Risk				Age 35-75 Blood Glucose Test every year			
Diabetes - BMI of 25+		Age 18+ A1c Test every 3 years					
Diabetes - Prediabetic		Age 18+ A1c Test every year					
Lung Cancer - High Risk					Age 50-80 Low-dose CT Scan every year		
Wellness Checkup		Age 18+ Primary Care Physician or Provider visit every year					
Immunizations		Age 19+ CDC Recommended Adult Immunization Schedule					



Male

Cholesterol				Age 35+ Lipid Panel every 5 years			
Prostate Cancer - High Risk				Age 40-69 Discuss screening every year			
Prostate Cancer - Average Risk					Age 55-69 Discuss screening every year		