

Recommended Preventive Healthcare for Adults

AGE 18-39

BLOOD PRESSURE:	• Every 2 years.
CHOLESTEROL:	• Men over age 34 every 5 years.
DENTAL EXAM:	• Every year.
EYE EXAM:	• If you have vision problems, every 2 years.
IMMUNIZATIONS:	• After age 19, a tetanus-diphtheria and acellular pertussis (TdAP) vaccine as one of your tetanus-diphtheria vaccines one time. You should have a tetanus-diphtheria booster every 10 years. • Your doctor may recommend other immunizations, such as flu or pneumonia.
TESTICULAR EXAM:	• Men should do a monthly testicular self-exam.
PHYSICAL EXAM:	• You should have two physical exams in your 20s.
BREAST EXAMS:	• A complete breast exam should be done by a healthcare provider every 3 years for women age 20 to 40.
PELVIC EXAM AND PAP SMEAR:	• Women 21 and older, or earlier if sexually active, every 1 to 3 years.

AGE 40-65

BLOOD PRESSURE:	• Every 2 years.
CHOLESTEROL:	• Men over age 34 and women over 44 should be checked every 5 years.
COLON CANCER SCREENING:	• Everyone between the ages of 50 and 80. African-Americans need to start screening at age 45.
DENTAL EXAM:	• Every year.
EYE EXAM:	• Every two years after age 40.
IMMUNIZATIONS:	• Flu vaccine every year after age 50. • Ask your doctor if you should get a vaccine to reduce your risk of pneumonia. • Tetanus-diphtheria booster vaccination every 10 years. • Shingles or herpes zoster vaccination may be given once after age 60.
PHYSICAL EXAM:	• Every 1 to 5 years.
PROSTATE EXAM:	• Men age 50 or older should discuss prostate cancer screening for prostate cancer with their healthcare provider. African-American men and those with a family history of prostate cancer should start at age 45.
BREAST EXAMS:	• A complete breast exam should be done by a healthcare provider every 3 years for women age 20 to 40.
MAMMOGRAMS:	• Women 40 and older every 1 to 2 years depending on risk factors.
OSTEOPOROSIS SCREENING:	• All postmenopausal women with fractures, women under 65 and men age 50 to 70 who have risk factors for osteoporosis should be screened.
PELVIC EXAM AND PAP SMEAR:	• Women every year.

65 and older on back.

AGE 65 AND OLDER

Abdominal aortic aneurysm screening:	• Men between ages 65 and 75 who have smoked.
Blood pressure:	• Every year.
Cholesterol:	• Every 3 to 5 years.
Colon cancer screening:	• Everyone between the ages of 50 and 80. African-Americans need to start screening at age 45.
Dental exam:	• Every year.
Eye exam:	• Every two years after age 40.
Hearing test:	• Every year.
Immunizations:	<ul style="list-style-type: none"> • Pneumococcal vaccine if you have never had before, or if you are over 65 and your last vaccination was before age 60. • Flu shot every year. • Tetanus -diphtheria booster every 10 years. • Shingles or herpes zoster vaccination may be given once after age 60.
Prostate exam:	<ul style="list-style-type: none"> • Men should discuss prostate cancer screening with their healthcare provider. African-American men and those with a family history of prostate cancer should start at age 45.
Physical exam:	Every year.
Breast exams:	A complete breast exam should be done by a healthcare provider every year.
Mammograms:	Women every 1 to 2 years depending on risk factors.
Osteoporosis screening:	Women 65 and older and men over 70 should have a DEXA scan.
Pelvic exam and Pap smear:	Women every year.

Source: MedlinePlus, a service of the U.S. National Library of Medicine and the National Institutes of Health