

Monitoring Your Health at EVERY AGE

FOR ALL ADULTS



Always monitor existing conditions and alert your doctor to any changes



Beginning at age 20, have your cholesterol and other traditional heart disease risk factors checked every 4-6 years



Get blood pressure checked at least every 2 years up until age 65
After age 65, get blood pressure checked every year



Get HIV/AIDS counseling as soon as exposure is suspected
Your healthcare provider will likely advise screening within 3 months after any possible exposure



Undergo an eye exam every 2 years up until age 60
After age 60, undergo an eye exam every year



A BMI over 25 plus other risk factors indicate the need for diabetes screenings



If you have a family history of colon cancer, get screened before age 50
If there are no risk factors, get your first screening at age 50 and then follow up as per your healthcare provider's recommendation

INFOGRAPHIC PROVIDED BY:

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FOR WOMEN



AGES 18-39



Perform breast self-exams regularly to establish a baseline



Women at higher risk for breast cancer may need a screening mammogram at an earlier age



Women ages 21-30 should receive a Pap smear to screen for cervical cancer and HPV



Discuss your particular risk factors for HPV with your healthcare provider to establish a screening plan

AGES 40+



Women ages 40-49 should have a mammogram and a sonogram every 1-2 years depending on risk factors and history



Women who are postmenopausal should get a bone density scan
Women under 65 with osteoporosis risk factors should also be screened

FOR MEN



AGES 18-39



Men over 20 should get cholesterol checked every 5 years

AGES 40+



Men ages 50-75 should undergo a colonoscopy at age 50 to determine a surveillance regimen



Men with a family history of prostate cancer should begin screening at 45



Men 50 and older should talk to their doctor about prostate screenings

SOURCES:

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