

# 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:

<http://www.avert.org/hiv-testing-frequently-asked-questions.htm>  
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