**Health Screening Recommendations**

**Women**

- **Breast Cancer**
  - Women 50 - 74
  - When found early, breast cancer is more easily treated and possibly cured.
  - **Screening:** Mammogram

- **Cervical Cancer**
  - Women 21 - 65
  - Due to regular screening, the number of women who die from cervical cancer has decreased over the past decades.
  - **Screening:** A Pap Smear with your Gynecologist or Family Medicine provider

**Everyone**

- **Lung Cancer**
  - Current or former smokers ages 50 - 80
  - Finding and treating lung cancer as early as possible leads to better health outcomes.
  - **Screening:** Low-Dose CT Scan

- **Colon Cancer**
  - Ages 45 - 75
  - When found early, colon cancer is easier to treat.
  - **Screening:** There are multiple screenings. Please discuss with your healthcare provider.

**Men**

- **Prostate Cancer**
  - Men 55-69
  - Prostate cancer is a slow-growing cancer that can cause pain and fatigue. Early detection can help prevent the spread to other areas of the body.
  - **Screening:** Talk with your Primary Care Provider regarding prostate cancer screenings.

- **Abdominal Aortic Aneurysms**
  - Men 65 - 75 who have ever smoked
  - If an aneurysm is found when it’s small, it can be managed with medication or surgery to prevent it from rupturing.
  - **Screening:** An Abdominal Ultrasound

- **Osteoporosis**
  - Ages 65+
  - Finding and treating osteoporosis early can prevent fractures.
  - **Screening:** Women - Bone Density Scan; Men - Talk with your healthcare provider

**Everyone**

- **High Blood Pressure**
  - Ages 18+
  - High blood pressure is a major contributing risk factor for heart failure, heart attack and stroke.
  - **Screening:** Blood Pressure Check

- **High Cholesterol**
  - Ages 18+
  - High cholesterol increases your risk for heart disease and stroke.
  - **Screening:** Blood Test

- **Diabetes**
  - Ages 40 - 70
  - For most, lifestyle changes like healthier eating and exercise can bring blood sugar levels under control.
  - **Screening:** Blood Test

Recommendations based on the US Preventative Services Task force. Please talk to your health provider regarding your health screenings.