

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

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

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.

Osteoporosis

Ages 65+

Finding and treating osteoporosis early can prevent fractures.

📄 Screening: Women - Bone Density Scan; Men - Talk with your healthcare provider

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.