

Preventive Health Cheat Sheet



Are you due for a preventive health screening? The list below, which covers some common screenings, and can help you make decisions about your health.

- **Abdominal aortic aneurysm:** Recommended to be done once by ultrasonography for men between ages 65 and 75 who have ever smoked.
- **Bone density screening:** Recommended for all women ages 65 years and older and men if recommended by their doctor.
- **Dental visits:** Up to twice annually.
- **Diabetes screening:** Blood glucose should be tested in adults aged 40 to 70 years who are overweight or obese.
- **Colorectal cancer screening:** Discuss with your doctor by age 50 whether you should have colorectal screenings.
- **Hearing and vision screenings:** A hearing test should be done at least once every 10 years until age 50, and every three years thereafter. Asymptomatic adults should have a vision test every two years until age 60 and then annually.
- **Mammogram:** Women should consider mammography by age 40, especially if they are high risk for breast cancer.
- **Well visits:** Annual physicals should include height, weight, body mass index and blood pressure measurements. Your doctor may recommend additional immunizations and screenings.

Note: Your doctor's recommendations may vary from these guidelines and should take priority, as they are based on your own health condition and risk factors.

Sources: American Optometric Association, Centers for Disease Control and Prevention (CDC), American College of Obstetricians and Gynecologists, American Speech-Language-Hearing Association (ASHA), U.S. Preventive Services Task Force.

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