

PREVENTATIVE HEALTH SCREENINGS BY AGE

YEARLY SCREENINGS FOR EVERYONE



Physical Exam



Dental Exam



Eye Exam

AGES 20-30

Previous screenings plus:

- ▶ **BREAST SELF-EXAM** - once a month
- ▶ **TESTICULAR SELF-EXAM** - once a month
- ▶ **DIABETES SCREENING** - annually
- ▶ **CERVICAL CANCER SCREENING** - every 3 years

AGES 30-40

Previous screenings plus:

- ▶ **CHOLESTEROL SCREENING** - annually
- ▶ **CERVICAL CANCER SCREENING** - Switch to primary HPV test every 5 years. A Pap test every 3 years remains an option.

AGES 40-50

Previous screenings plus:

- ▶ **BREAST CANCER SCREENING** - first mammogram between age 40 and 50, repeated every 1 to 2 years until 75
- ▶ **COLON CANCER SCREENING** - repeated every 10 years; normal stool screenings should be repeated annually
- ▶ **CERVICAL CANCER SCREENING** - Continue same schedule

AGES 50+

Previous screenings plus:

- ▶ **LUNG CANCER SCREENING** - annually for those who have smoked the equivalent of one pack a day for 20 years, currently smoke, or have quit within the past 15 years
- ▶ **PROSTATE CANCER SCREENING** - repeated as determined by your doctor
- ▶ **CERVICAL CANCER SCREENING** - Continue same schedule

AGES 65+

Previous screenings plus:

- ▶ **COGNITIVE SCREENING** - repeated as determined by your doctor
- ▶ **OSTEOPOROSIS SCREENING** - repeated as determined by your doctor
- ▶ **CERVICAL CANCER SCREENING** - Stop screening if past results are normal

CALIFORNIA SCHOOLS

VEBA

YOUR HEALTH, OUR PURPOSE