

Test	Frequency	Date
Blood Glucose Test (for diabetes)	45 & older: Every 3 years if test results are normal, or as directed by doctor	
Blood Pressure Reading	Every 1 - 2 years or as directed by doctor; more frequently if over 140/90	
Bone Density Test (for osteoporosis)	Under 65: For postmenopausal women with risk factors - baseline test, then as needed 65 and older: Baseline test, then as needed	
Breast Cancer Screenings <sup>1</sup>	40 & older: Mammogram and clinical breast exam (CBE) annually <sup>2</sup> 20s & 30s: CBE about every 3 years Starting in 20s do breast-self exam (BSE) <sup>3</sup>	
Cholesterol Check	Every 5 years or as directed by doctor	
Colorectal Screenings <sup>1</sup>	50 & older: One of these 7 schedules - Tests that find polyps and cancer (preferred by the ACS) <ul style="list-style-type: none"> <li>flexible sigmoidoscopy every 5 years <sup>4</sup> or</li> <li>double contrast barium enema every 5 years <sup>4</sup> or</li> <li>CT colonography (virtual colonoscopy) every 5 years <sup>4</sup> or</li> <li>colonoscopy every 10 years or</li> </ul> Tests that mainly find cancer <ul style="list-style-type: none"> <li>fecal occult blood test every year <sup>4</sup> or</li> <li>fecal immunochemical test every year <sup>4</sup> or</li> <li>stool DNA test (talk with your doctor about frequency) <sup>4</sup></li> </ul>	
Dental Checkup	Every 6 months	
Endometrial Screenings <sup>1</sup>	35: Women with certain risk factors should discuss screenings options with doctor	
Eye Exam	20-29: at least once 30-39: at least twice 40: baseline eye disease screening 40-64: as directed by doctor 65 and older: every 1 - 2 years	
Hearing Test	Test if hearing problem or loss is suspected or as directed by doctor	
Pap Test <sup>1</sup>	Start about 3 years after beginning to have vaginal intercourse, but no later than age 21: Every 1 - 2 years based on Pap test used <sup>5</sup>	
Pelvic Test	Annually starting at age 18; earlier if sexually active before 18	
Routine Physical (including cancer-related check up)	Annually or as directed by doctor	
Thyroid Screening	35 & older: Every 5 years or as directed by doctor	

Depending on your health history, ask your doctor whether you need earlier or more frequent tests or screenings.

<sup>1</sup> Based on American Cancer Society recommendations.

<sup>2</sup> The ACS recommends that women at higher risk have an annual mammogram and MRI beginning at age 30. To assess your risk for breast cancer, talk to your doctor.

<sup>3</sup> Many experts recommend doing a monthly BSE. Consult your healthcare professional at the time of your CBE.

<sup>4</sup> If test results are positive, colonoscopy should also be done.

<sup>5</sup> Beginning at age 30, if you have had three normal Pap tests in a row, your doctor may recommend screenings every 2 - 3 years. Another option for women over 30 is to have a Pap test every 3 years plus the HPV test for human papillomavirus. Women 70 and older with three normal Pap tests in a row in the last 10 years may choose to stop screening.