

## RECOMMENDED MEDICAL SCREENING TESTS

### Age 18-30:

- Breast self-exam, monthly
- Skin self-exam, monthly
- Weight, height and Body Mass Index (BMI), yearly
- Blood pressure and heart rate, yearly
- Hip to waist ratio, every 3-5 years
- Body composition testing, every 3-5 years
- Electrocardiogram (EKG), every 3-5 years
- Labs: if normal, every 3-5 years
  - CBC
  - Lipoprotein profile (Total Cholesterol, HDL, LDL, VLDL, Triglycerides)
  - Cardiac risk markers (HS-CRP)
  - Thyroid profile
  - Metabolic panel (kidney, liver, bone and electrolyte)
  - Fasting blood glucose
- Pelvic exam/ Pap test, yearly
- STD screening if sexually active or at risk, yearly
- Clinical breast exam, yearly
- Clinical skin exam, yearly
- Eye exam/glaucoma screening, every 3-5 years
- Chest x-ray if smoker
- Dental check-up, every 6 months
- Tetanus-diphtheria booster, every 10 years
- Gardasil Vaccine for HPV (Cervical Cancer)
- Hepatitis A and B vaccine, once, if at risk
- Meningococcal Vaccine
- Influenza Vaccine, optional

### Ages 30-49: Add or modify

- Mammogram: baseline at age 35, yearly after age 40
- Carotid Artery Ultrasound: stroke and heart disease risk assessment
- Echocardiogram if indicated
- Glaucoma screening, every 2-4 years
- Labs, yearly
- Colon cancer screening, if at risk
- Osteoporosis screening/DEXA scan, if at risk, every 1-2 years

### Age 50 and Over: Add or modify

- Osteoporosis screening/DEXA scan, every 1-2 years
- Colon cancer screening, age 50: Colonoscopy every 10 years; or  
Fecal occult blood test yearly **AND**  
sigmoidoscopy every 5
- Influenza vaccine, optional
- Herpes Zoster Vaccine, age 60, optional
- Pneumococcal vaccination, age 65, once