



# your health It's The Right Age

## 20's

### **Cervical cancer**

Every 3 years after onset of sexual intercourse or by age 21, whichever comes first.

### **Skin cancer**

Every 3 years beginning at age 20 and every year at ages 40 and older.

## 30's

### **Thyroid disorders**

Ask your doctor if you feel colder, experience weight change, depression, anxiety, hair loss, constipation, or fatigue.

## 40's

### **Breast cancer**

Women: a mammogram every 1-2 years starting at age 40, earlier if family history of breast cancer.

### **Prostate cancer**

Men: ask your doctor about a prostate-specific antigen (PSA) test or digital rectal exam (DRE) at age 40 if you have a family history of prostate cancer.

**Skin Cancer:** Yearly.

## 50's

### **Colorectal cancer**

Starting at age 50 or earlier if family history.

### **Flu**

Every year starting at age 50.

## 60's

### **Cholesterol**

Every 5 years starting at age 18. Without risk factors, every 5 years beginning at age 35 for men and age 45 for women.

### **Osteoporosis**

First bone density test post menopause, with a Bone Mineral Density test for initial diagnosis & no more than every two years thereafter. All women age 65 and older regardless of risk factors.

### **Pneumonia vaccine**

Once at age 65 or earlier for certain health conditions.

### **Shingles vaccine**

Men and Women ages 60 to 80.

## All Ages

### **Depression**

If you feel sad or hopeless for two weeks straight, talk to your doctor.

### **Diabetes**

If you have high blood pressure or high cholesterol, get tested.

### **Sexually transmitted diseases**

Sexually active people ages 25 and younger should be tested; older patient talk to their doctor.

### **Blood pressure**

At every office visit and at min., every 2 years; annually after age 50. More frequent monitoring is recommended if BP 120-139/80-89 or higher and/or presence of risk factors.

### **Hepatitis B**

Ask your doctor.

### **Tetanus-diphtheria vaccine**

Every 10 years.