

# Your Guide to Health Checkups

Regular checkups and screenings can keep you and your family healthy. If you have a family history of certain diseases, or a lifestyle or other factors that may put you at increased risk, discuss preventive health measures with your primary care physician.

Type of Screening	Ages 18-39	Ages 40-64	Ages 65 & Older
<b>Physical Exam that includes:</b> Health history and identification of risk factors; counseling on diet, exercise, substance abuse, injury prevention, tobacco use, and dental care.	Every 1-3 years, except dental check-ups, which should be twice a year. (After age 35, includes resting electrocardiogram and stress test.)		Once a year, except dental check-ups, which should be twice a year.
<b>Blood Pressure</b>	Every 1-3 years.		Once a year.
<b>Height and weight, vision and hearing screening.</b>	At doctor's discretion.		At doctor's discretion.
<b>Blood Cholesterol</b>	People over age 20 should have this screening done at least once every 5 years, more often if there are risk factors.		
<b>Fecal Occult Blood Test</b> (A test for blood in your stool.)		Every year beginning at age 50.	
<b>Sigmoidoscopy</b> (A test using a lighted instrument to look inside the rectum and colon.)		Every 3-5 years beginning at age 50.	
<b>Pap Smear (Women)</b>	After age 18, every year until 3 or more normal exams; then, at doctor's discretion.		Discuss with your Doctor.
<b>Mammogram (Women)</b>		Every year.	Every year.
<b>Clinical Breast Exam (Women)</b>	Every 3 years.	Every year.	Every year.
<b>Prostate (Men)</b>		Every year.	Every year.
<b>Tetanus-Diphtheria Booster</b>	Every 10 years.	Every 10 years.	Every 10 years.
<b>Influenza (flu) Shot</b>	At personal and/or Doctor's discretion		Every year.
<b>Pneumococcal (pneumonia) Shot</b>			Once, after age 65*.

\* Older adults with chronic medical problems may need a booster shot after 5 years. If you aren't sure, talk to your doctor.

(Sources: NCEP, ACS, Humana)