

# Recommended Screenings for Men



Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and Older
General Health: Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Heart Health: Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Diabetes: Blood glucose test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Prostate Health: Digital Rectal Exam (DRE)		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Prostate-Specific Antigen (PSA) (blood test)		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Reproductive Health: Testicular exam	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.	Monthly self-exam; and part of a general checkup.
Colorectal Health: Fecal occult blood test			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (sigmoidoscopy colonoscopy or DCBE)	Every 5-10 years with each screening (sigmoidoscopy colonoscopy or DCBE)
Eye and Ear Health: Eye exam	Get your eyes checked if you have problems or visual changes.	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Skin Health: Mole exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20.	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year
Oral Health: Dental exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year



## Recommended Screenings for Men and Women



Source:  
U.S. Department of Health and Human Services

Since each person's health care needs are unique, these charts are guidelines only. Your doctor or healthcare provider will personalize the timing of each test and immunization to meet your health care needs.

### Did You Know?

Preventive care such as blood pressure, blood sugar, and cholesterol screenings helps reduce health costs.

Call **(815) 625-0400, ext. 5716**, for a schedule of FREE community screenings, or go to:

[www.cghmc.com/community\\_calendar](http://www.cghmc.com/community_calendar)

The CGH Health Foundation's **Women's Cancer Prevention Program** helps women get a Pap test or mammogram.\*

Call **(815) 625-0400, ext. 5666** for more details.

\* *Participants must meet program requirements and attend the annual education on breast and cervical health.*

### Need a Speaker?

If you wish to schedule a program or arrange for an educational display for a place of business, organization, church or community group, contact the staff in the Community Services Department at **(815) 625-0400, ext. 4422**.

# Recommended Screenings for Women

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and Older
General Health: Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH)	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health: Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Bone Health: Bone mineral density test		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
Diabetes: Blood glucose test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Breast Health: Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
Reproductive Health: Pap test and pelvic exam	Every 1-3 years if you have been sexually active or are older than 21	Every 1-3 years	Every 1-3 years	Discuss with your doctor or nurse.
Colorectal Health: Fecal occult blood test			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (sigmoidoscopy colonoscopy or DCBE)	Every 5-10 years with each screening (sigmoidoscopy colonoscopy or DCBE)
Eye and Ear Health: Eye exam	If you have any visual problems; at least one exam from ages 20-29 and at least two exams from ages 30-39	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
Skin Health: Mole exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year
Oral Health: Dental exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year