

ROUTINE PHYSICAL

FEMALES:

Annually beginning at age 20

MALES:

20 to 40 years: every 3 to 5 years

Annually beginning at age 40

DENTAL ASSESSMENTS

Every 6 months

BLOOD PRESSURE

Begin at age 20

Minimum every 2 years

Annually if higher than 120/80

BODY MASS INDEX (BMI)

Begin at age 20

Each health care visit

BLOOD CHOLESTEROL

Begin at age 20

Minimum every 5 years (if no risk factors)

BLOOD GLUCOSE

Begin at age 45

Minimum every 3 years

COLORECTAL SCREENING

Begin at age 50

Fecal occult blood annually

Flexible sigmoidoscopy every 5 years OR colonoscopy every 10 years OR double contrast barium enema every 5 years OR CT colonography every 5 years

Frequency can increase based upon results

PAP TEST

For females

Begin at age 21

Every 3 years

CLINICAL BREAST EXAM

For females

Begin at age 20

Every 3 years

Annually 40+

MAMMOGRAM

For females

Begin at age 40

Annually

PROSTATE SPECIFIC ANTIGEN TEST & DRE

For males

Annual digital rectal exam (DRE) and prostate specific antigen (PSA) blood test

TESTICULAR EXAM

For males

Begin at age 15

Monthly testicular self-exam

Clinical testicular exam at each routine visit



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Page 1 of 1.

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