

### **HEALTH SCREENING GUIDELINES Cheat Sheet**

by harpieee via cheatography.com/71374/cs/18441/

ROUTINE PHYSICAL	
FEMALES:	MALES:
Annually beginning at age 20	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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