

# Prevention & Screening for Adults

*“Working with you to keep you well”*

## For all adults:

- 1 a healthy diet
- 2 exercise
- 3 social connections / mental health
- 4 stop smoking
- 5 limit alcohol
- 6 prevent substance abuse
- 7 check blood pressure at least yearly
- 8 STI screening



Supporting  
Team Excellence  
with Patients  
SOCIETY

## AGE 25

- Cervical Cancer**  
repeat every 3-5 years  
NEW recommendations about  
PAP smears and self-studies  
coming soon!

- Tetanus**  
usually starts at 15,  
repeat every 10 years

## AGE 40

- Cholesterol**  
talk to your doctor  
about screening intervals

- Diabetes**

- Breast Cancer (women)**  
repeat every 2 years  
until age 74

## AGE 50

- Prostate Cancer (men)**  
talk to your doctor about  
what is right for you

- Colon Cancer**  
repeat every 2 years until age 74

- Shingles Vaccine**

## AGE 55

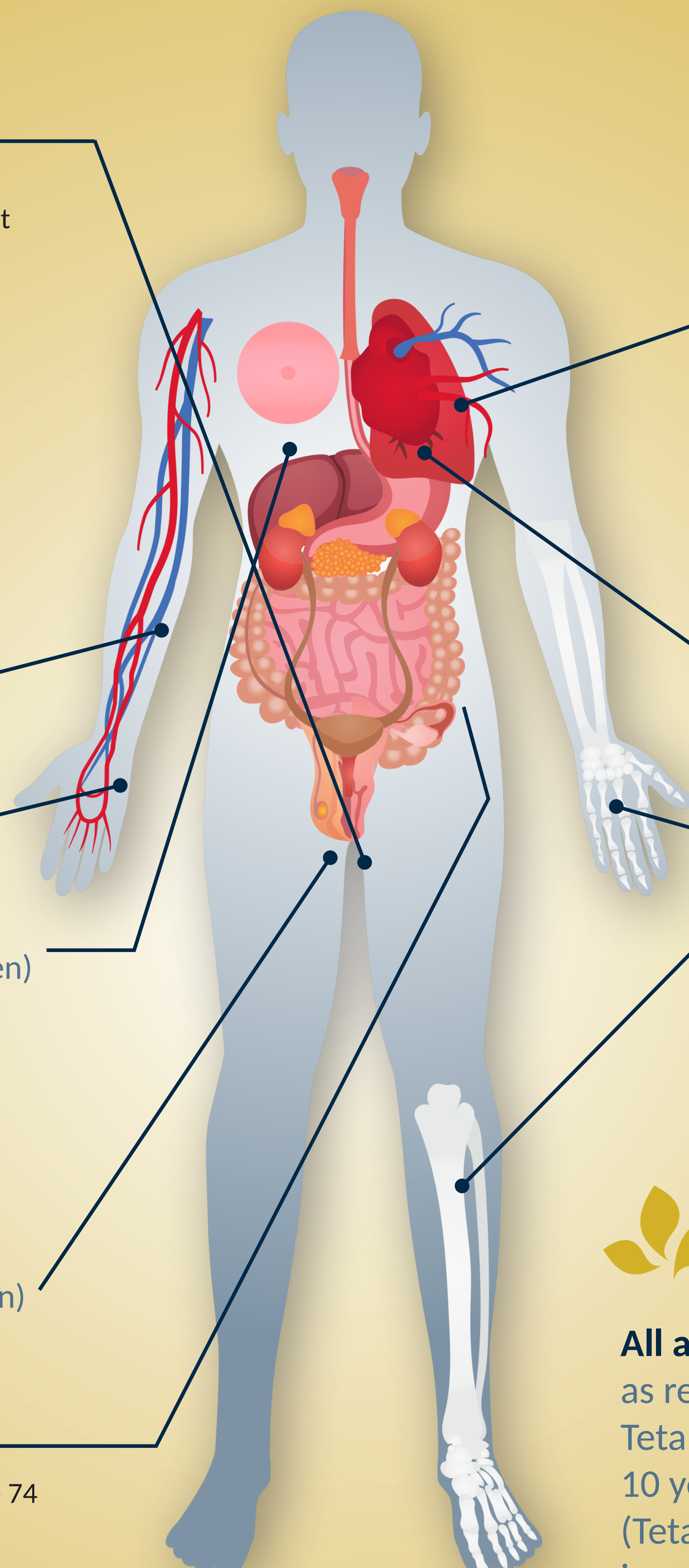
- Lung Cancer**  
for smokers

## AGE 65+

- Aortic Aneurysm**  
(men)

- Osteoporosis**

- Pneumococcal Vaccine**



**All ages:** Yearly flu shots and Covid, as recommended by public health; Tetanus and Diphtheria (Td) every 10 years for everyone. TDaP (Tetanus, Diphtheria and Pertussis) is recommended in pregnancy.

This checklist does not apply if you have any symptoms or a significant family history of certain diseases; see your Family Doctor. All tests have pros and cons, and some disease starts sooner for some patients; talk to your Family Physician.

