



Medical Self-Assessment

Recommended Immunization and Screening Schedule

IMMUNIZATIONS

- **Influenza:** You should get a flu shot each year
- **Tetanus-diphtheria:** Once after age 19 and a booster every 10 years.
- **Human Papilloma Virus (HPV):** Ask your health care provider if between ages 18 – 26, or if you have not already had it.
- **Measles/mumps/rubella:** If you were born after 1956, your provider will determine if you should receive at least one dose of the measles, mumps, and rubella (MMR) vaccine.
- **Shingles or Herpes Zoster:** A single dose of shingles vaccine is recommended for adults 60 years of age and older.

Check with your physician to see if other immunizations are recommended based on your age and other risk factors.

GENERAL SCREENINGS ADULTS

- **Dental:** Once or twice every year for an exam and cleaning.
- **Vision:**
 - Under 40, every 2 years if you have vision problems;
 - 40-54, every 2-4 years;
 - 55-64, every 1-3 years;
 - 65+ every 1-2 years. If you have diabetes, you should have an eye exam every year.
- **Hearing:** Have your hearing tested if you have symptoms of hearing loss.
- **Physical:**
 - Between ages 18-64 you should discuss with your provider based on age and other risk factors.
 - Age 65 plus, annually.



GENERAL SCREENINGS ADULTS (continued)

- **Blood Pressure:** Every two years
 - Every 3-5 years if you are under 40.
 - Every year if
 - You are 40 or older;
 - The top number (systolic number) is between 120 and 139;
 - The bottom number (diastolic number) is between 80 and 89 or higher;
 - You have diabetes, heart disease, kidney problems, or certain other conditions.
- **Diabetes (type 2):** Screen at 3-year intervals beginning at age 45. If you're overweight or have other risk factors, get screened at a younger age.
- **Colorectal Cancer:** Between ages 50-75, a flexible sigmoidoscopy every 5 years, along with a stool occult blood test every 3 years OR a colonoscopy every 10 years.

SPECIFIC SCREENINGS—WOMEN

- **Mammogram:** Over 40, every 1-2 years depending on risk factors. Women with a mother or sister who had breast cancer at a younger age should consider yearly mammograms. They should begin earlier than the age at which their youngest family member was diagnosed.
- **Pelvic Exam and Pap Smear:** Beginning at age 21, women should have a pelvic exam and Pap smear every 3 years to check for cervical cancer. If you are over age 30 and your Pap smear and HPV test are normal, you only need a Pap smear every 5 years.
- **Breast Exam:**
 - Women may do a monthly breast self-exam. However, experts do not agree about the benefits and you should talk to your provider about what is best for you.
 - If you are between 20 to 40, your provider may do a clinical breast exam.
 - Contact your provider if you notice a change in your breasts.



SPECIFIC SCREENINGS—WOMEN (continued)

- **Cholesterol:** Start screening between 20 to 45 and repeat every five years as necessary. If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to be checked more often.
- **Osteoporosis:**
 - All women over age 50 with fractures should have a bone density test (DEXA scan).
 - If you are under age 65 and have risk factors for osteoporosis, you should be screened.

SPECIFIC SCREENINGS—MEN

- **Abdominal Aortic Aneurysm:** If you are between ages 65 and 75 and have smoked, you should have an ultrasound to screen for abdominal aortic aneurysms. Other men should discuss this screening with their provider.
- **Prostate Cancer:** Most men age 50 or older should discuss screening for prostate cancer with their provider.
- **Cholesterol:**
 - Men age 35 plus should be checked every 5 years.
 - If you have risk factors for heart disease, such as diabetes, start getting screened earlier, at age 20.
- **Osteoporosis:**
 - If you are between ages 50 to 70 and have risk factors, you should discuss screening with your provider.
 - Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, having a fracture after age 50, or a family history of osteoporosis.
 - Men age 70 and over should consider getting bone mineral density testing.

Consult your physician for additional recommendations



SOURCES:

- **National Institutes of Health MedlinePlus:**

- <https://medlineplus.gov/>

Please check the website frequently for updated recommendations.

- **Health screening – men – ages 18 to 39:**
 - <https://medlineplus.gov/ency/article/007464.htm>
- **Health screening – men – ages 40 to 64:**
 - <https://medlineplus.gov/ency/article/007465.htm>
- **Health screening – men age 65 and older:**
 - <https://medlineplus.gov/ency/article/007466.htm>

- **Health screening – women – ages 18 to 39:**
 - <https://medlineplus.gov/ency/article/007462.htm>
- **Health screening – women – ages 40 to 64:**
 - <https://medlineplus.gov/ency/article/007467.htm>
- **Health screening – women – over age 65:**
 - <https://medlineplus.gov/ency/article/007463.htm>

