

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 55

- ☐ Lung Cancer
for smokers

AGE 40

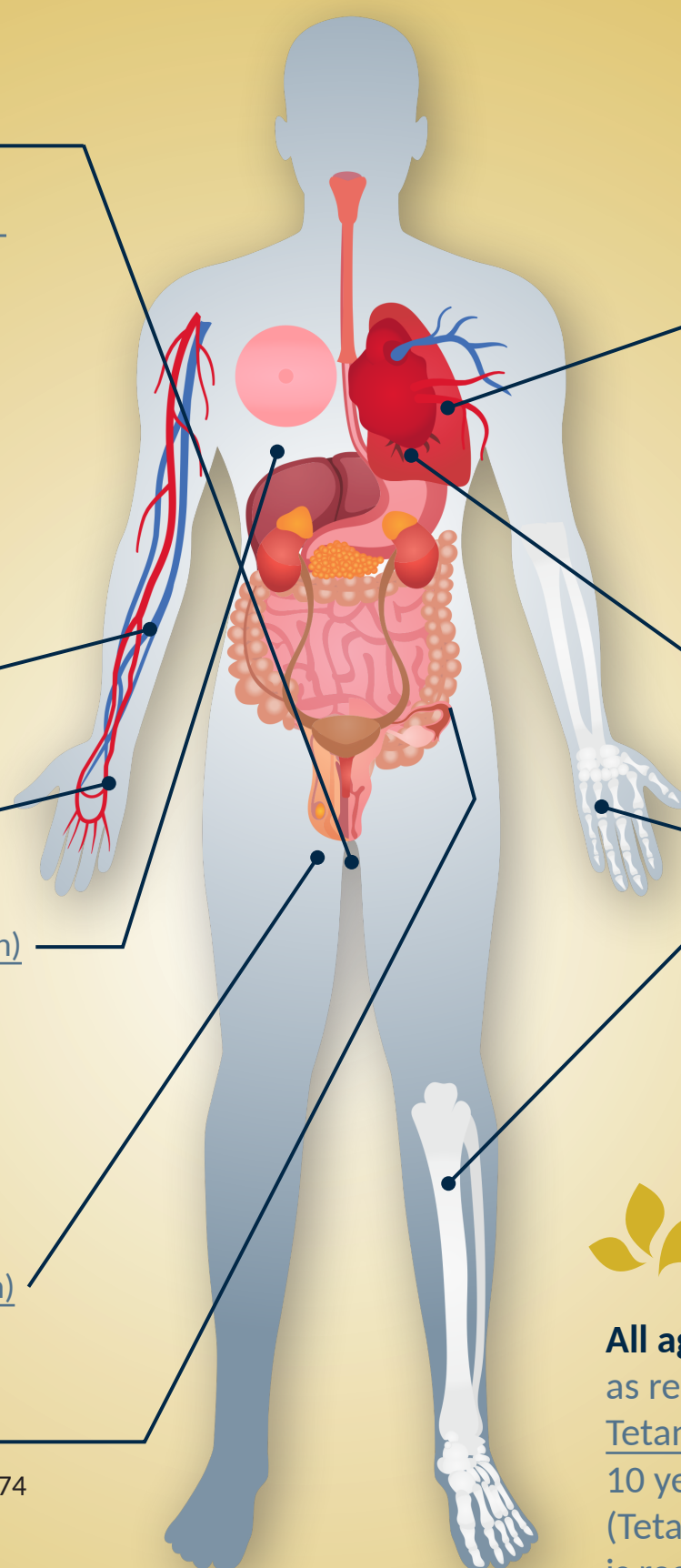
- ☐ Cholesterol
talk to your doctor
about screening intervals
- ☐ Diabetes
- ☐ Breast Cancer (women)
repeat every 2 years
until age 74

AGE 65+

- ☐ Aortic Aneurysm (men)
- ☐ Osteoporosis
- ☐ Pneumococcal Vaccine

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



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.