

Personal Health Screening Guidelines

	Screening	Purpose	20-29	30-39	40-49	50-59	60+
GENERAL	Cholesterol, HDL, LDL and triglycerides	Identify people at high risk for coronary artery disease	Every 5 years depending on level	Every 5 years depending on level	Every 1-3 years depending on level	Annually	Annually
	EKG	Identify injury to heart or irregular rhythms			Baseline test between ages 40 and 45	Annually	Annually
	General Physical Exam	Detect conditions before symptoms develop	Every 2-3 years	Every 2-3 years	Every 2-3 years	Annually	Annually
	Immunizations	Create immunity against a particular disease	Diphtheria-Tetanus every 10 years. Rubella once if necessary (females only). Influenza annually age 65 and older. Pneumococcal vaccine once after age 65.				
	Rectal Exam	Detect any abnormalities in the rectum				Annually	Annually
	Colonoscopy	Detect cancers and growths (polyps) on the inside wall of the colon before they become cancerous				Baseline test at 50, then every 5-10 years	Every 5-10 years
	Hemoccult	Detect blood in stool to screen for various diseases				Annually	Annually
	General Eye Exam	Detect hidden disease processes in the eye or body as a whole	Every 5-10 years	Every 5-10 years	Every 3-5 years	Every 3 years	Every 1-2 years
WOMEN	Breast Self Exam	Look for color changes, skin irregularities, lumps and changes in the nipples	Monthly	Monthly	Monthly	Monthly	Monthly
	Mammography	Detect cancer and precancerous changes			Baseline test at 40	Annually	Annually
	Pap Smear	Detect abnormal cells that may become cancerous	Annually	Every 1-3 years	Every 1-3 years	Every 1-3 years	Every 1-3 years
	Pelvic Exam	Detect cancer and precancerous changes of the cervix, uterus and ovaries	Annually	Annually	Annually	Annually	Annually
	Bone Density Screening	Detect osteoporosis and bone thinning					Baseline test at 60
MEN	Prostate Specific Antigen	Detect prostate cancer in the earliest stages				Annually	Annually
	Testicular Self Exam	Detect testicular cancer, the most common malignancy in American men between ages 15 and 35	Monthly	Monthly	Monthly	Monthly	Monthly
	Digital Rectal Exam	Identify an early growth or tumor in the prostate gland				Annually	Annually

Well Exam Guidelines By Age

Victor G. Vogel, Therese Bevers



Well Exam Guidelines By Age:

Well Exam Guidelines By Age Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Well Exam Guidelines By Age**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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