

Preventive Screenings

Screening	Who should have it?	How often?	Why?
Height and weight measurement	All adults	Every year.	Being overweight or obese can contribute to a number of health problems.
Blood pressure	All adults	Every 1 to 2 years or so. More often if you're at risk for high blood pressure.	To detect high blood pressure which can put you at greater risk of heart attack, stroke, heart failure, and kidney damage.
Cholesterol	All adults	Every 5 years or as agreed upon with your doctor. More often if you are at risk for heart disease.	To evaluate the level of lipids in your blood. Undesirable levels raise your risk of heart attack and stroke.
Colorectal Cancer	All adults starting at age 50. Sooner if you're at increased risk.	Your doctor will decide what's best for you.	To detect this cancer early so it can be treated effectively.
Prostate Cancer	Men starting as early as age 40	Your doctor will decide what's best for you.	To detect prostate cancer early, when there's a 99% chance of a complete cure.
Breast Cancer	Women, usually starting at age 40. Sooner if you're at increased risk.	Clinical breast exam: Age 40 and up, every year Mammogram: Every year as early as age 35 if there is a history of breast cancer (e.g., mother or sister)	To detect breast cancer early when there is an excellent chance of a complete cure.
Cervical Cancer, Ovarian Cancer, Pap Smear	All women	Every year in conjunction with a well woman (OB/GYN) exam.	To detect any abnormalities that may signal cancer or another gynecological health issue.

Sources: U.S. Preventive Services Task Force, Mayo Clinic