



Preventive Exams

Preventing disease and detecting disease early if it occurs, are important to living a healthy life. The healthier you are the more likely that your health care costs will be lower. All the reason to visit your doctor on an annual basis.

Even if you are in great shape or feel relatively good, you should still make it a habit to have your preventive exams done. Lifestyle has a lot to do with your health but so does genetics.

The chart below gives you general guidelines on when you should have certain exams performed. Please consult your doctor about what exams are right for you at different stages in your life.

A little time out of your busy life to have a annual check up can add years to your life.

Years of Age	18	25	30	35	40	45	50	55	60	65	70
Screening											
Preventive Exam Blood Pressure, Height and Weight	At each preventive exam										
Obesity	At each preventive exam										
Cholesterol Total, HDL and LDL				Men: Every 5 years							
						Women: Every 5 years					
Cervical Cancer	Annually beginning at age 18 or age of sexual activity and every three years after three consecutive normal tests										
Mammography					Women: Once every one to two years						
Colorectal Cancer						Consult your doctor					