

# HEALTH SCREENINGS BY GENDER

ADDITIONAL ANNUAL HEALTH SCREENINGS YOU MAY NEED, ORGANIZED BY GENDER

## EXTRA SCREENINGS FOR WOMEN

### 18 TO 39 YEARS OLD

- **Cervical Cancer Screening:** Pap smears every 3 years
- **The HPV vaccine:** If not received as an adolescent
- **Breast Exam:** A self-exam should be performed by you at home monthly and by a clinical provider yearly
- **Sexually Transmitted Infections:** Depending on lifestyle or patient request

### 40 TO 64 YEARS OLD

- **Annual Blood Work:** Continue annual exams as established in earlier years
- **Mammogram:** Annually or bi-annually based on your risk factors
- **Pelvic Exam:** Physical exam and pap smear every 3 years or more frequently based on history and risk factors

### 65 YEARS AND OLDER

- **Cervical Cancer Screening:** Most women can stop having Pap smears if they have no history of cervical cancer.
- **Osteoporosis Screening:** Women are at higher risk for osteoporosis and will be screened more regularly at this age. (Baseline at 65 years old, if not already established, and additional screening based on the results)

## EXTRA SCREENINGS FOR MEN

### 18 TO 39 YEARS OLD

- **Sexually Transmitted Infections:** Depending on lifestyle or patient request. May include HIV, HPV, Chlamydia, Gonorrhea or other infections
- **Testicular Exam:** Home self-exams can be done as well

### 40 TO 64 YEARS OLD

- **Prostate Exam:** Ages 50 and up unless other risk factors are present

### 65 YEARS AND OLDER

- **Prostate Screenings:** Continue annually
- **Osteoporosis Screening:** Every 5 years after the baseline is established