

Recommended Medical Screening Tests

Age 18-30:

- Breast self-exam, monthly
- Skin self-exam, monthly
- Weight, Height and Body Mass Index (BMI), yearly
- Blood pressure and heart rate, yearly
- Hip to waist ratio, every 3 years
- Labs: if normal, every 3 years
 - CBC
 - Lipoprotein profile (Total Cholesterol, HDL, LDL, VLDL, Triglycerides)
 - Berkeley Advanced Cardio-Vascular & Genetic Testing (once)
 - Thyroid profile
 - Metabolic panel (kidney, liver, bone and electrolyte)
 - Fasting blood glucose & Hgb A1C
- Pelvic exam, yearly
- Pap test, after age 21
- STD screening, if sexually active or at risk, yearly
- Clinical breast exam, yearly
- Clinical skin exam, yearly
- Eye exam, every 3-5 years
- Chest x-ray, if smoker
- Dental check-up, every 6 months
- Tetanus-diphtheria booster, every 10 years
- Gardasil Vaccine for HPV (Cervical Cancer)
- Hepatitis A and B vaccine, once, if at risk
- Meningococcal Vaccine
- Influenza Vaccine, optional

Ages 30-49: In addition to above

- Mammogram: yearly after age 40
- Carotid Artery Ultrasound: stroke and heart disease risk assessment
- Electrocardiogram (EKG), every 3-5 years
- Echocardiogram, if indicated
- Glaucoma screening, every 2-4 years
- Labs, yearly
- Fecal occult blood test, yearly after age 40
- Osteoporosis screening/DEXA scan, if at risk, every 1-2 years

Age 50 and Over: In addition to above

- Osteoporosis screening/DEXA scan, every 1-2 years
- Colon cancer screening, age 50: Colonoscopy every 5-7 years and
- Fecal occult blood test, yearly
- Influenza vaccine, optional
- Herpes Zoster Vaccine, age 60, optional
- Pneumococcal vaccination, age 65, once