The Power of Prevention

PREVENTIVE SCREENING SCHEDULE

PLUS

See your doctor annually for a physical exam, blood pressure test, medication review, exercise review, fall-prevention tips, and BMI measurement.

SCREENING	PROCEDURE	FREQUENCY	AGES
Breast cancer+	Mammogram	Every 2 years	50-74
Colorectal cancer	Colonoscopy Flexible sigmoidoscopy Cologuard® Fecal occult blood test (FOBT)	Every 10 years Every 5 years Every 3 years Annually	50-75 50-75 50-75 50-75
Diabetes eye disease*	Check for eye damage from diabetes	Annually if diabetic retinopathy is present, if not, every 2 years	18-75
Diabetes kidney disease*	Check for kidney damage from diabetes	Annually	18-75
Diabetes A1C*	Have A1C levels checked for controlled blood sugar	Annually, or more often as doctor-directed	18-75
Flu	Flu Shot	Annually prior to flu season	All
Osteoporosis+	Check bone mass	At least once	65+
Osteoporosis after a fracture+	Check bone mass	Within 6 months of fracture	65-85
Urinary incontinence	Talk to your doctor	When experiencing leaking urine	All

⁺For women *For individuals with diabetes

<u>Aafp Preventive Care Guidelines</u>

Steven H. Woolf, Steven Jonas, Evonne Kaplan-Liss



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