


Health Screenings for Older Adults

Health screenings are an integral part of your preventative care as you age. Talk to your doctor about which ones are appropriate for you.

	Screening Frequency	Risk Factors and Additional Information
 Blood Pressure Screening	Annually	High blood pressure is associated with a higher risk of: <ul style="list-style-type: none">✓ Cardiovascular disease✓ Kidney disease✓ Heart attacks
 Diabetes Screening	Every 3 years if you're over age 65	More frequent screening may be necessary if you have: <ul style="list-style-type: none">✓ A family history with diabetes✓ A sedentary lifestyle✓ Gestational diabetes during pregnancy✓ Excess weight
 Lung Cancer Screening	Annually if you have risk factors	Risk factors: <ul style="list-style-type: none">✓ You have a history of smoking 20+ packs per year.✓ You smoke regularly.✓ You have quit smoking within 15 years of turning 65 years old.
 Breast Cancer Screening	Every 1-2 years for women up to age 75	More frequent screening may be necessary if: <ul style="list-style-type: none">✓ You began menstruating before age 12.✓ You have a family history of breast cancer.✓ You have dense breasts.
 Osteoporosis Screening	Annually for women over age 64 and men over age 70	Screenings are performed by bone density scans.
 Cholesterol Screening	Every 5 years if you're 65 or older and have normal cholesterol	If you have high cholesterol or risk factors such as diabetes, heart disease, etc., you should discuss more frequent screenings with your doctor.
 Cervical Cancer Screening	Never, if you're a woman over the age of 65 and:	<ul style="list-style-type: none">✓ You have never had cervical cancer or precancer.✓ You have had 3 negative pap tests within the past 10 years.
 Colorectal Cancer Screening	Regular screenings if you're between 65-75 years old	Risk factors: <ul style="list-style-type: none">✓ Family history of colorectal cancer or polyps✓ Heavy alcohol consumption✓ Being overweight✓ Frequent tobacco use Types of screenings: <ul style="list-style-type: none">✓ Stool tests✓ CT scans✓ Colonoscopies