

Health Screenings

Adult Women

Breast Screening

Begin at age 40 for a baseline mammogram, or earlier if family history/risk factors exist

Colorectal Screening

Begin at age 50 if no family history of colon cancer, earlier if family history/risk factors exist

Skin Cancer Screening

Once a year

Oral Cancer Screening

Once a year

Hypertension Screening
(Blood Pressure)

Twice a year

Cholesterol Screening

Once a year

Diabetes Screening
(Blood Glucose Levels)

Once a year
Twice a year if you have a family history of Diabetes

Bone Density Screening

Once a year beginning at age 40

Vascular Screening

Every two years over age 40
Annually if you have a family history of stroke