

# SCREENING CHECKLIST

ADVOCATE FOR YOURSELF!  
CATCHING ISSUES EARLY SAVES LIVES.

- ✓ MAMMOGRAM: annually from age 40.
- ✓ BREAST EXAM: Dr. performed every 1-3 years from age 20.  
Self Exam monthly.
- ✓ COLORECTAL: Colonoscopy starting age 45; every 7-10 years. At home Colon Cancer Screening annually (*see resources*).
- ✓ HORMONES: Perimenopause starting age 40 or first symptoms; recheck with irregular periods or increased symptoms of menopause.
- ✓ PHYSICAL EXAM: Comprehensive panel for lipids, glucose, thyroid, blood pressure and general health annually from age 40.
- ✓ DEXA SCAN: Baseline at 40; every 1-2 years once menopausal to monitor osteoporosis risk and sarcopenia (muscle loss).
- ✓ EYE EXAM: every 2 years from age 40 to monitor vision and ocular cancer.
- ✓ SKIN/MOLE CHECK: annually from age 40.
- ✓ DENTAL EXAM: twice yearly for cleaning and oral cancer screening.
- ✓ PAP & HPV EXAM: after 30, PAP every 3 years, HPV every 5 years.
- ✓ SHINGLES VACCINE: once for adults 50 years or older. Boosters may be needed after 10-15 years.
- ✓ OTHER:

