

# Six Important Preventive Care Screenings



**Health screenings can detect certain diseases early when they may be easier to treat. Here are six important preventive care screenings you should discuss with your healthcare provider:**

- 1 Blood Pressure** – Screening is recommended for adults every three to five years starting at age 18, then annually beginning at age 40. For those with risk factors, annually starting at age 18.
- 2 Breast Cancer** – The U.S. Preventive Services Task Force (USPSTF) recommends scheduling a mammogram every two years beginning at age 50. Talk with your provider about what is right for you.
- 3 Cervical Cancer** – A Pap test can find abnormal cervical cells, which your provider may be able to treat before they become cancer. An HPV test can detect HPV infections that cause cell abnormalities. If you are over 21, talk with your provider about screenings.
- 4 Cholesterol** – Request a cholesterol screening every five years starting at age 40 to learn more about your risk for heart disease and stroke.
- 5 Colorectal Cancer** – Talk with your doctor about when to begin screening for colorectal cancer, generally starting at age 50.
- 6 Diabetes** – If you're over 35 and overweight or obese, ask for a blood glucose (sugar) screening. If you're a healthy weight, you may not need to start screenings until age 45.