



Health  
Screenings  
by  
*Age*

## Guidelines to promote a healthy life

Routine health screenings are important at every stage of life. Even if you are healthy, it is important to stay up to date with general health screenings as they can play a vital role in the early detection of a disease even if you have yet to exhibit any symptoms. Maintaining a regular schedule of health exams can also help encourage a healthy lifestyle while keeping you current on vaccinations. It can also allow you to get to know your physician so you are more comfortable should a health condition arise in the future. By identifying health concerns early on and beginning an early treatment program, your likelihood of positive outcomes drastically increases. Are you curious which health screenings are recommended at what age and for whom?

## General

Screening	Purpose	20's	30's	40's	50's	60's
Cholesterol, HDL, LDL and triglycerides	Identify risk for coronary artery disease	Every 5 years	Every 5 years	Every 1-3 years	Annually	Annually
EKG	Identify irregular heart rhythms or injury			Baseline test between 40-45	Annually	Annually
Physical Exam	Detect a number of conditions before symptoms arise	Every 2-3 years	Every 2-3 years	Every 2-3 years	Annually	Annually
Blood Pressure	Only way to identify high blood pressure, which can increase risk of heart disease & stroke	Every 2 years	Every 2 years	Every 2 years	Annually	Annually
Diabetes	Detect signs of diabetes			Every 3 years beginning at 44	Every 3 years	Every 3 years

# General

Screening	Purpose	20's	30's	40's	50's	60's
Rectal Exam	Detect abnormalities in the rectum				Annually	Annually
Colonoscopy	Detect cancers & polyps on the inside wall of the colon				Baseline test at 50 followed by screening every 5-10 years	Every 5-10 years
Hemoccult	Screen for various diseases indentified through blood in stool				Annually	Annually
Dental Exam	Important part of preventive health & can detect health problems early on	Every 6 months to a year	Every 6 months to a year	Every 6 months to a year	Every 6 months to a year	Every 6 months to a year
Skin Exam	Detect signs of skin cancer	Monthly self exam and annual physician exam	Monthly self exam and annual physician exam	Monthly self exam and annual physician exam	Monthly self exam and annual physician exam	Monthly self exam and annual physician exam
Eye Exam	Detect disease within the eye or body	Every 5-10 years	Every 5-10 years	Every 5-10 years	Every 3 years	Every 3 years
Immunizations	Prevent potentially life threatening illnesses	Influenza (Annually), Diptheria and Tetanus (every 10 years)				

# Women

Screening	Purpose	20's	30's	40's	50's	60's	
Breast Self Exam	Detect abnormal tissues and diseases in the breast area.	Monthly	Monthly	Monthly	Monthly	Monthly	
Mammography	Detect cancer and precancerous changes in the breast			Baseline test at 40	Annually	Annually	
Pap Smear	Identify abnormal, potentially cancerous cells	Annually	Every 1-3 years	Every 1-3 years	Every 1-3 years	Every 1-3 years	
Pelvic Exam	Detect cancer & changes of the cervix, uterus & ovaries	Annually	Annually	Annually	Annually	Annually	
Bone Density Screening	Detect osteoporosis and bone thinning					Baseline test at 60	
Immunizations	Prevent potentially life threatening illnesses	Rubella (once)					

# Men

Screening	Purpose	20's	30's	40's	50's	60's
Prostate Specific Antigen	Detect early stages of prostate cancer				Annually	Annually
Testicular Self Exam	Detect testicular cancer	Monthly	Monthly	Monthly	Monthly	Monthly
Digital Rectal Exam	Identify early growth or tumor in the prostate gland				Annually	Annually

\* Frequency is based upon the return of normal results. If you have any screenings with an abnormal result your physician may recommend a more frequent screening regimen.

Keeping up with age appropriate health screenings is a vital step in maintaining overall health. Keep in mind the guidelines stated above should not substitute any advice given to you by your physician. As long as your screenings are normal you should continue with your regular exams. If you develop symptoms or your overall health changes between screenings, schedule a visit with your provider.

Should you develop a condition that requires the skilled expertise of a specialized surgeon, we hope you will consider Premier Surgical Associates for your care. Offering general, vascular, bariatric, breast and laparoscopic procedures, Premier Surgical Associates is the Knoxville region's largest surgical group.

**To learn more visit our website**

[www.premiersurgical.com](http://www.premiersurgical.com)

