

Health Check-Ups for Your Age

Checking in on yourself is important at every age. Known as health screenings, these routine check-ups can detect possible health conditions and prevent them from getting worse. See what health screenings are recommended for you:

18 – 39 YEARS OLD

- A cholesterol check should be completed in your twenties, and then annually once you turn 35; it will be checked every five years if normal, annually if you have risk factors.
- Full body skin check to examine for suspicious moles or skin lesions
- Women: exam for breast lumps
- Women: pelvic exam
- Women: pap smear should be conducted every three years starting at the age of 21
- Men: testicular exam



40 – 64 YEARS OLD

The screenings in the 18 - 39 age group should continue to be completed annually, or as recommended by your physician.

- Women: mammograms start the age of 40 and should be done annually; if breast cancer runs in your family or you have other risk factors, you may need to begin regular mammograms at an earlier age
- Men: prostate screenings start at the age 50 unless you are a high-risk individual then you start at the age of 40
- Full body scan for suspicious moles or skin lesions should be completed annually, as well as fasting blood sugar levels for signs of diabetes.
- A colonoscopy should be completed at age 45 or ten years earlier than the youngest family member with colon cancer; with normal results, colorectal cancer screenings should be completed every 10 years.



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65 YEARS AND OLDER

Many of the screenings above should still be completed annually, in addition to those screening tests, there are a few that you should start at the age of 65:

- Starting at the age of 65, men and women should have a bone density study every 2 - 5 years; this may start at the age of 60 if you're in a high-risk population.
- Ask your physician about the need for pneumococcal and shingles vaccinations.
- Pneumonia vaccine every five years for certain conditions and risk factors
- Height and weight (shrinking height could be a sign of osteoporosis)



There are also some screening tests that your doctor might recommend based on your health history. For example, your physician may recommend a CT lung cancer screening if you are between the ages of 55 and 74 and are a current or former smoker with a history of at least 30 “pack years” of smoking. If you do not meet these guidelines, this screening will not be recommended for you.

It's important to share any concerns or questions you have, and any changes to your health history with your doctor. Make your appointment to visit your doctor today so that you can achieve your health goals.

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