

# WOMEN'S CHECK-UP CHECKLIST

A schedule of check-ups and age-appropriate screenings for women to help maintain wellness and prevent cancer.

Talk to your physician for the right check-ups, screenings and intervals for you, based on your health status or risk factors, such as family history, alcohol or tobacco use, obesity, sexual activity, etc.

*Please confirm coverage of these services with your insurance company.*

Check-Ups and Screenings	When	19–39	40–49	50+
<b>PHYSICAL EXAM:</b> Thorough check of overall health status and well-being	Every 3 Years	✓		
	Every 2 Years		✓	
	Every Year			✓
<b>BLOOD PRESSURE:</b> High blood pressure has no symptoms, but can cause permanent damage to organs	Every Year	✓	✓	✓
<b>BLOOD &amp; URINE TESTS:</b> Screen for cholesterol, diabetes, kidney and thyroid problems before symptoms occur	Every 3 Years	✓		
	Every 2 Years		✓	
	Every Year			✓
<b>EKG:</b> Checks heart rhythm to screen for problems	Baseline at age 30	✓		
	Every 4 Years		✓	
	Every 3 Years			✓
<b>PREVENTIVE CARE EXAMS:</b> Dental	Every 6 Months	✓	✓	✓
Hearing and Vision	Every Year	✓	✓	✓
<b>BONE HEALTH:</b> <b>Bone Mineral Density Test</b> should be obtained at least once for all postmenopausal females to screen for bone loss	Postmenopausal		✓	✓
<b>SEXUALLY TRANSMITTED DISEASES (STDs):</b> Obtain testing if there is a concern about exposure or symptoms	Discuss with your physician	✓	✓	✓
<b>ORAL HEALTH &amp; CANCER:</b> Mouth and Throat Exam	Every Year	✓	✓	✓
<b>SELF-EXAMS:</b> <b>Breast:</b> To find abnormal lumps <b>Skin:</b> To look for signs of changing moles, freckles or sun spots	Every Month Discuss abnormal findings with your physician	✓	✓	✓
<b>BREAST HEALTH &amp; CANCER SCREENING:</b> Clinical breast exam by a physician	Every Year	✓	✓	✓
<b>SCREENING MAMMOGRAM:</b> X-ray of the breast	Every Year		✓	✓
<b>REPRODUCTIVE HEALTH &amp; CERVICAL CANCER:</b> Gynecological Pelvic Exam and PAP Smear	Begin at age 21 Every 3 years for women 21-65 or every 5 years for women 30-65 if pap smear is combined with HPV testing	✓	✓	✓
<b>COLON &amp; RECTAL HEALTH &amp; CANCER:</b> <b>Screening Colonoscopy:</b> The preferred exam to prevent cancer. Other options requiring annual testing are available.	Begin at age 50 (age 45, if Black or African American)		✓	✓
	Every 10 years or more often, based on results			
<b>LUNG HEALTH &amp; CANCER:</b> Low-Dose Chest CT	For current or former smokers between ages 55–77. Smokers must have 30+ pack years (#packs x #years) and former smokers must have quit within last 15 years. Patients may not have lung cancer symptoms. (Some exceptions may apply)			✓

To learn more, contact OhioHealth CancerCall at (614) 566.4321 or (800) 752.9119, Monday through Friday, 8 a.m. to 5 p.m.

OhioHealth follows the National Comprehensive Cancer Network (NCCN) and MD Anderson Cancer Center for screening guidelines.



# MEN'S CHECK-UP CHECKLIST

A schedule of check-ups and age-appropriate screenings for men to help maintain wellness and prevent cancer.

Talk to your physician for the right check-ups, screenings, and intervals for you, based on your health status or risk factors, such as family history, alcohol or tobacco use, obesity, sexual activity, etc.

*Please confirm coverage of these services with your insurance company.*

Check-Ups and Screenings	When	19–39	40–49	50+
<b>PHYSICAL EXAM:</b> Thorough check of overall health status and well-being, including a testicular exam	Every 3 Years	✓		
	Every 2 Years		✓	
	Every Year			✓
<b>BLOOD PRESSURE:</b> High blood pressure has no symptoms, but can cause permanent damage to organs	Every Year	✓	✓	✓
<b>BLOOD &amp; URINE TESTS:</b> Screen for cholesterol, diabetes, kidney and thyroid problems before symptoms occur	Every 3 Years	✓		
	Every 2 Years		✓	
	Every Year			✓
<b>EKG:</b> Checks heart rhythm to screen for problems	Baseline at age 30	✓		
	Every 4 Years		✓	
	Every 3 Years			✓
<b>PREVENTIVE CARE EXAMS:</b> Dental	Every 6 Months	✓	✓	✓
Hearing and Vision	Every Year	✓	✓	✓
<b>BONE HEALTH:</b> Bone Mineral Density Test should be obtained at least once for all males to screen for bone loss	Baseline at age 70			✓
<b>SEXUALLY TRANSMITTED DISEASES (STDs):</b> Obtain testing if there is a concern about exposure or symptoms	Discuss with your physician	✓	✓	✓
<b>ORAL HEALTH &amp; CANCER:</b> Mouth and Throat Exam	Every Year	✓	✓	✓
<b>SELF-EXAMS:</b> Testicular: To find abnormal lumps Breast: To find abnormal lumps Skin: To look for signs of changing moles, freckles or sun spots	Every Month			
	Discuss abnormal findings with your physician	✓	✓	✓
<b>PROSTATE HEALTH &amp; CANCER:</b> Prostate Specific Antigen (PSA) blood test and Digital Rectal Exam (DRE) by a physician	Baseline between ages 45–49 and then annually or less often depending on results and risk		✓	✓
<b>COLON &amp; RECTAL HEALTH &amp; CANCER:</b> Screening Colonoscopy: The preferred exam to prevent cancer. Other options requiring annual testing are available.	Begin at age 50 (age 45, if Black or African American)		✓	✓
	Every 10 years or more often, based on results			
<b>LUNG HEALTH &amp; CANCER:</b> Low-Dose Chest CT	For current or former smokers between ages 55–77. Smokers must have 30+ pack years (#packs x #years) and former smokers must have quit within last 15 years. Patients may not have lung cancer symptoms. (Some exceptions may apply)			✓

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