

What Health Tests Do **YOU** Need

for Cancer, Diabetes, Heart Disease and Stroke?

Check if needed	Recommended Tests	When to start testing and how often
<input type="checkbox"/>	BMI (Body Mass Index)	Calculated from height and weight at each routine healthcare visit.
<input type="checkbox"/>	Blood Pressure (BP)	Each routine healthcare visit (every two years at minimum if BP is less than 120/80 mmHg).
<input type="checkbox"/>	Cholesterol Test	Every five years, starting at age 20 (or more often as recommended by a healthcare professional).
<input type="checkbox"/>	Blood Glucose (Sugar)	Starting at age 45, test every three years. Under 45, ask a healthcare professional if you are at high risk for diabetes.
<input type="checkbox"/>	Colon Cancer Testing	Start testing at age 50. Under 50, ask if you are at higher than average risk for colon cancer.
<input type="checkbox"/>	Breast Exam (by a doctor or nurse)	Every three years for women, starting at age 20. Every year, starting at age 40. All women should ask a healthcare professional about their risk for breast cancer.
<input type="checkbox"/>	Mammogram	Every year for women, starting at age 40. Starting at age 30, all women should ask if they are at higher than average risk for breast cancer because additional tests may be recommended.
<input type="checkbox"/>	Pap Test (Cervical Cancer Testing)	Every one to two years for women, starting at age 20. Every one to three years, starting at age 30. Frequency depends on the type of test and past results. If you are 70 or older, or after a total hysterectomy, ask if you need testing.
<input type="checkbox"/>	Prostate Cancer Testing	African American men and all men with close family members with prostate cancer should discuss testing beginning at age 45. For all other men starting at age 50, ask about the potential benefits and limitations of testing to determine if it is right for you.
<input type="checkbox"/>	Others	Talk to a healthcare professional about other preventive tests that may be recommended.

These are general guidelines for average risk adults. Talk to a healthcare professional to determine if you are at higher than average risk.



Our three organizations are working together to help you make better everyday choices for a healthier lifestyle.

www.everydaychoices.org

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No.480400