

General Health Maintenance Recommendations*

Compilation of various national standards that may change
from time to time based upon outcomes research

TEST	18-25 yrs	26-39 yrs	40-49 yrs	50+ yrs
CPE (Physical Exam)	Every 5 years	Every 5 years	Every 5 years	Annually
Clinical Breast Exam	Annually	Annually	Annually	Annually
Self Breast Exam (F)	Annually	Annually	Annually	Annually
Mammography	None	Baseline at 35 years	Annually	Annually
Clinical Prostate Exam	None	None	Every 1-2 years beginning at 45	Annually
PSA Blood Test	None	None	Controversial	Annually
Pelvic Exam (F)	Annually	Annually	Annually	Annually
Colon Occult Blood	None	None	Every 1-2 years	Annually
Colonoscopy	None	High Risk Only	High Risk Only	Baseline at 50; then every 5-10 years
Osteoporosis Screen	None	None	Baseline	Variable
Lipid Panel	Baseline as pre-teen	Every 3-5 years	Every 3-5 years	Every 3-5 years

* These are provided as a general template only. Your health care provider may stray from these recommendations for any number of reasons on an individualized basis.