

Adult screenings and immunizations

WHAT YOU NEED TO KNOW

General screening guidelines

Heart disease and cancer are the two leading causes of death in the United States, and the risks of developing a significant health condition rise significantly with age.

Your family health history can also make you predisposed to certain diseases. So it's important to understand your risk factors and receive appropriate screenings to head off potential problems when they are most treatable. Early detection could save your life.

Recommended tests are based on your age, gender and overall risk factors. The guidelines here are a general reference only. Always discuss your particular health care needs with your physician.

Tests for women

Age range

Mammogram*

Cervical cancer
(Pelvic exam/pap smear)

Bone mineral density
(osteoporosis)

Blood pressure

Cholesterol

Obesity/BMI

Diabetes
(fasting plasma glucose test recommended)

Colorectal cancer

	18-39	40-49	50-64	65 +
Mammogram*		Discuss with your doctor or nurse	Every two years through age 74; talk to your health care provider about need for screening after age 74	
Cervical cancer (Pelvic exam/pap smear)	At least every three years after age 21 or if you have been sexually active for three years	At least every three years		Ask your health care provider if you need testing
Bone mineral density (osteoporosis)			Ask your health care provider if you are at risk for osteoporosis	Receive test after age 65; talk to your health care provider about repeat testing
Blood pressure	At least every two years; or annually if your blood pressure is higher than 120/80			
Cholesterol	Regular screenings starting at age 20 until 45 if at increased risk for heart disease	Regular screenings after age 45; ask your health care provider for recommended frequency		
Obesity/BMI	Regular screenings; a BMI of 25 to 29.9 is considered overweight, and a BMI of 30 and above is considered obese			
Diabetes (fasting plasma glucose test recommended)	Regular screening if your blood pressure is higher than 135/80 or you take medication for high blood pressure			
Colorectal cancer	Fecal occult blood testing, sigmoidoscopy, or colonoscopy beginning at age 50 and continuing until age 75			

* The U.S. Preventive Services Task Force (USPSTF) concludes that the current evidence is insufficient to assess the additional benefits and harms of clinical breast examination (CBE) beyond screening mammography in women age 40 and older.



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Tests for men



Age range	18-39	40-49	50-64	65 +
Blood pressure	At least every two years; or annually if your blood pressure is higher than 120/80			
Cholesterol	Regular screenings starting at age 20 until 35 if at increased risk for heart disease	Regular screenings after age 35; ask your health care provider for recommended frequency		
Obesity/BMI	Regular screenings; a BMI of 25 to 29.9 is considered overweight, and a BMI of 30 and above is considered obese			
Diabetes (fasting plasma glucose test recommended)	Regular screening if your blood pressure is higher than 135/80 or you take medication for high blood pressure			
Colorectal cancer			Fecal occult blood testing, sigmoidoscopy, or colonoscopy beginning at age 50 and continuing until age 75	
Prostate cancer			Talk to your doctor about the risks and benefits of screening*	

* The U.S. Preventive Services Task Force (USPSTF) concludes that the current evidence is insufficient to assess the balance of benefits and harms of prostate cancer screening in men younger than age 75. Given the uncertainties and controversy surrounding prostate cancer screening in men younger than 75, a clinician should not order the PSA test without first discussing with the patient.

Immunization guidelines

Vaccinations work to help your body learn to fight off disease and build immunity to future exposure. Traditional vaccines mimic a natural infection by introducing dead or weakened versions of the germs that trigger a specific illness. Your immune system can clear these germs from your body, without experiencing common symptoms and complications, and it will “remember” how to protect your body from germs it has encountered before. For additional information on immunizations, visit cdc.gov/vaccines.

Age range	19-26	27-49	50-59	60-64	65 +
Tetanus/diphtheria (Td/Tdap)	One-time dose of Tdap, then Td booster every 10 years				Td booster every 10 years
Influenza (flu)	One dose annually				
Pneumococcal vaccine (pneumonia)	One or two doses recommended if risk factor present, based on medical, occupational or lifestyle indications				One dose
Zoster (shingles)					One dose
Varicella (chicken pox)	Two doses for those who have never had chicken pox or who lack evidence of immunity				
Human papillomavirus (HPV)	Three doses for those who lack evidence of immunity*				
MMR (Measles, Mumps, Rubella)	One or two doses up to age 55 for those who lack evidence of immunity				One dose

* Not to be given during pregnancy