

# HEALTH SCREENING RECOMMENDATIONS



OSF<sup>®</sup>  
HEALTHCARE

## WOMEN

### ► Breast Cancer

*Women 40-74*

When found early, breast cancer is more easily treated and possibly cured.

- **Screening:** Mammogram

### ► Cervical Cancer

*Women 21-65*

Due to regular screening, the number of women who die from cervical cancer has decreased over the past decades.

- **Screening:** Pap smear with your gynecologist or primary care provider

## MEN

### ► Prostate Cancer

*Men 50-69*

Prostate cancer is a slow-growing cancer that can cause pain and fatigue. Early detection can help prevent the spread to other areas of the body.

- **Screening:** Talk with your primary care provider regarding prostate cancer screenings.

### ► Abdominal Aortic Aneurysms

*Men 65-75 who are current or former smokers*

If an aneurysm is found when it's small, it can be managed with medication or surgery to prevent it from rupturing.

- **Screening:** Abdominal ultrasound

## EVERYONE

### ► Lung Cancer

*Current or former smokers ages 50-80*

Finding and treating lung cancer as early as possible leads to better health outcomes.

- **Screening:** Low-dose CT scan

### ► Colon Cancer

*Ages 45-75*

When found early, colon cancer is easier to treat.

- **Screening:** There are multiple screenings.  
*Please discuss with your primary care provider.*

### ► Osteoporosis

*Ages 65+*

Finding and treating osteoporosis early can prevent fractures.

- **Screening:** Women – bone density scan.  
*Men – talk with your primary care provider.*

### ► High Blood Pressure

*Ages 18+*

High blood pressure is a major contributing risk factor for heart failure, heart attack and stroke.

- **Screening:** Blood pressure check

### ► High Cholesterol

*Ages 18+*

High cholesterol increases your risk for heart disease and stroke.

- **Screening:** Blood test

### ► Diabetes

*Ages 40-70*

For most, lifestyle changes like healthier eating and exercise can bring blood sugar levels under control.

- **Screening:** Blood test

*Recommendations are based on U.S. Preventive Services Task Force and American Cancer Society guidelines. Please talk to your primary care provider regarding health screenings that are right for you.*