

# Your Body through the Ages

A Timetable for Maintaining Good Health

These guidelines were developed by the healthcare providers at Baptist Medical Center for use in concert with your physician.

	18-34	35-49	50+
<b>General Physical</b>	Every one to three years	Yearly after age 40	Yearly
<b>Blood Pressure</b>	As part of general physical every one to three years, or as needed depending on baseline results	Yearly after age 40	Yearly
<b>Breast Exam</b>	Monthly self-exam Physician Exam at general physical	Monthly self-exam Physician Exam at general physical	Monthly self-exam Physician Exam at general physical
<b>Bone Density Evaluation</b>	Usually not required	Review risks and need yearly with physician	Baseline bone density scan at age 65; review risks and need yearly with physician
<b>Cholesterol</b>	Every one to five years, depending on baseline	Every one to five years, depending on baseline	Every one to five years, depending on baseline
<b>Colon Cancer Screening</b>	Usually not required	Review risks and need yearly with physician; stool occult blood test yearly after 40	Yearly stool occult blood test; flexible sigmoidoscopy or double contrast barium enema every 5 yrs.; or colonoscopy every 10 yrs.
<b>Diabetes</b>	Usually not required unless risk factors exist	Fasting glucose test at age 45; every three years with normal results	Every three years with normal results
<b>Dental Exam</b>	Yearly or more often	Yearly or more often	Yearly or more often
<b>Eye Exam &amp; Glaucoma Test</b>	Every one to three years, depending on baseline results	Every one to three years, depending on baseline results	Yearly
<b>Hearing Test</b>	As part of general physical	As part of general physical	As part of general physical
<b>Influenza (flu) Vaccine</b>	Review risks yearly	Review risks yearly	Review risks yearly; yearly vaccine after age 65
<b>Mammogram</b>	Usually not required	Yearly after age 40, as reviewed with physician	Yearly
<b>Pelvic Exam &amp; Pap Smear</b>	After 3 consecutive normal tests, pap smear can be performed every one to three years based on baseline results. Pelvic Exam every one to three years	Every year, based on physician review	Every year, based on physician review until age 65; then based on physician recommendation
<b>Skin Cancer Check</b>	Monthly self exam of moles and birthmarks and by physician at general physical	Monthly self exam of moles and birthmarks and by physician at general physical	Monthly self exam of moles and birthmarks and by physician at general physical
<b>Urinalysis</b>	Every one to five years, at general physical	Every one to five years, at general physical	Every one to five years, at general physical