



# Your Health SCREENINGS GUIDE

## WOMEN

**Ages 21-29:**  
Pap tests every three years



**Ages 30-65:**  
Pap tests every three years OR a Pap test and HPV test every five years



**Ages 40-49:**  
Discuss your options and personal risks for breast cancer with a provider to learn if beginning screening **mammograms is right for you.**



**Ages 50-74:**  
Mammogram every year



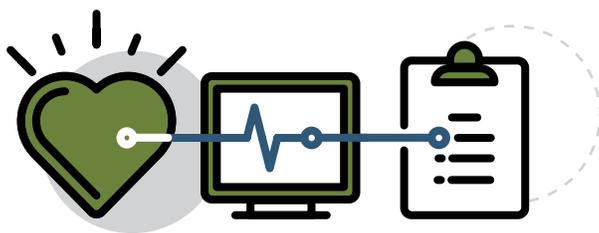
## MEN

**Ages 55 to 69:**  
Discuss with a provider if a **prostate cancer screening** is right for you.



## EVERYONE

**Age 20:**  
Heart and vascular health screenings during regular provider visits



**Ages 40 to 75:**  
If you are overweight or obese, get a **diabetes screening** during regular provider visits until age 70. **Colorectal cancer screenings** should occur every 10 years (if you choose colonoscopy) from ages 50 to 75, unless otherwise recommended by your provider. Some organizations, including the American Cancer Society, now recommend that colon cancer screenings begin at age 45.



### BETWEEN AGES 55 AND 80, YOU MAY QUALIFY FOR A LUNG CANCER SCREENING IF YOU:

Are in **fairly good health**

Have at least a **30-pack-year smoking history** (equal to one pack a day for 30 years)

Currently **smoke or have quit smoking** in the past 15 years

Call 701.780.2587 to find an Altru primary care provider who is right for you.