



Clinical Guidance Preventative Screenings

Overview

The recommended healthcare preventive screening guidelines are constantly changing, and it can be difficult to stay up to date on these recommendations each year. Below is a list of the common screening recommendations based on age and gender assigned at birth. However, keep in mind that individual health needs vary and screening recommendations also vary based on risk factors, so it's very important to consult with a healthcare professional for personalized advice as the below information is only a general guideline.

Screening Recommendations for Females

21-39 Years*	Cervical Cancer	Ages 21-24: every 3 years Ages 25-39: every 3 to 5 years
	Colorectal Cancer	Begin if increased risk
	Hyperlipidemia	Screen initially at age 20, then resume no later than age 40
	Hypertension	Every 2 years

40-49 Years*	Cervical Cancer	Every 3 to 5 years
	Colorectal Cancer	If age <45 and increased risk, begin screening If average risk, consider beginning screening at age 45
	Hyperlipidemia	Every 4 to 6 years
	Hypertension	Every year
	Breast Cancer	Every year

Screening Recommendations for Females (cont.)

50-64 Years*	Cervical Cancer	Every 3 to 5 years
	Colorectal Cancer	Continue average-risk screening
	Hyperlipidemia	Every 4 to 6 years
	Hypertension	Every year
	Breast Cancer	Every year

65 and older*	Cervical Cancer	No screening after age 65 if adequate negative prior screening and not at high risk
	Colorectal Cancer	Ages 65 to 75: continue screening Ages 76 to 85 years: potentially continue screening
	Hyperlipidemia	Every 4 to 6 years
	Hypertension	Every year
	Breast Cancer	Ages 65 to 75: Every year

Screening Recommendations for Males

18-39 Years*	Colorectal Cancer	Begin if at increased risk
	Hyperlipidemia	Screen initially at age 20, then resume no later than age 40
	Hypertension	Every 2 years

40-49 Years*	Colorectal Cancer	If age <45, consider if increased risk Consider beginning screening of average-risk patients at age 45
	Hyperlipidemia	Every 4 to 6 years
	Hypertension	Every year

50-64 Years*	Colorectal Cancer	Continue average-risk screening
	Hyperlipidemia	Every 4 to 6 years
	Hypertension	Every year
	Prostate cancer	Shared decision-making with your physician

65 and older*	Colorectal Cancer	Ages 65 to 75 years: continue screening Ages 76 to 85 years: potentially continue screening
	Hyperlipidemia	Ages 65 to 75 years: consider every 4 to 6 years
	Hypertension	Every year
	Prostate cancer	Shared decision-making with your physician
	Abdominal aortic aneurysm	If smoking history, one-time screen between ages 65 and 75

*These screening recommendations are provided by the Mayo clinic, and are driven by Mayo Clinic consensus and incorporate, but do not exactly replicate, screening guidelines from the U.S. Preventive Services Task Force and other organizations.