

Health Care Maintenance

Men

Testicular cancer: monthly self testicular exam

Prostate cancer: digital rectal exam and PSA blood test yearly (start at age 45)

Colon cancer: hemoccult test for blood in stool yearly

Colonoscopy --every 10 years (if no family history of colon cancer/polyps or personal history of cancer/polyps)

--more often if polyps or cancer

Or flexible sigmoidoscopy (every 3-5 years) along with barium enema

Start testing at age 50 (unless family history of colon cancer/polyps, then start 10 years prior to diagnosis)

Periodic cholesterol monitoring

Periodic blood pressure monitoring

Women

Cervical cancer: pelvic exam and Pap smear yearly (starting at age 18 or age of sexual activity); if three consecutive normal Pap smears, may decrease frequency at the discretion of the doctor

Breast cancer: monthly self breast exam

Yearly breast exam by doctor

Mammogram (baseline mammogram between 30-40 years old)

Yearly or every other year (age 40-50)

Yearly (after age 50)

Colon cancer: hemoccult test for blood in stool yearly

Colonoscopy --every 10 years (if no family history of colon cancer/polyps or personal history of cancer/polyps)

--more often if polyps or cancer

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Periodic cholesterol monitoring

Periodic blood pressure monitoring