



Adult Preventive Care Timeline

Age in Years	18	25	30	35	40	45	50	55	60	65	70	75
Heart Health												
Blood Pressure	Men and Women at least every 2 years											
Cholesterol	Men at risk			Men						Men at risk		
	Women at risk				Women				Women at risk			
Diet	Men and Women with high cholesterol and those at risk for heart disease and diabetes											
Diabetes	Men and Women at risk for heart disease											
Aspirin to prevent heart attack	Men at risk				Men							
	Women at risk					Women						
Abdominal aortic aneurysm											Once for men who have ever smoked.	
Cancer												
Breast Cancer	Women every 1 to 2 years											
Cervical Cancer	Women at least every 3 years											
Colorectal Cancer	Men and Women											
**Prostate Cancer	Men											
Health Risks												
Tobacco Use	Men and Women											
Obesity	Men and Women											
Alcohol Use	Men and Women											
Sexual Health												
Chlamydia	Women	Women at risk										
Gonorrhea	Women	Women at risk										
HIV	Men and Women at risk											
Syphilis	Men and Women at risk											
Bone Health												
Osteoporosis											Women at risk	Women
Other												
Depression	Men and Women											
Flu Vaccine	Men and Women at Risk										Men and Women, annually	
Pneumonia Vaccine											Men and Women, once	
Zoster Vaccine											Men and Women, once	