Putting the pieces together to improve your health

MARYLAND

SCREENING	18-29 YEARS	30-39 YEARS	40-49 YEARS	50-64 YEARS
ROUTINE CHECKUP • Personal history • Blood pressure • BMI • Physical exam • Comprehensive metabolic blood panel including LDL/HDL, hemoglobin A1C, CBC	Annually	Every 1-3 Years, depending on risk factors	Every 1-3 Years, depending on risk factors	Annually
BREAST CANCER (Women)	Annual Clinical Breast Exam	Annual Clinical Breast Exam	Annual Clinical Breast Exam **And** Annual Mammography	Annual Clinical Breast Exam **And** Annual Mammography
CERVICAL CANCER	Initial Pap Test at 3 years after first sexual intercourse or by age 21. Then, every 1-3 years per clinician	Every 1-3 years per clinician (Pap test may be performed at 3 year intervals only after 3 consecutive negative results)	Every 1-3 years per clinician (Pap test may be performed at 3 year intervals only after 3 consecutive negative results)	Every 1-3 years per clinician (Pap test may be performed at 3 year intervals only after 3 consecutive negative results)
COLORECTAL CANCER				Colonoscopy at age 50, then once every 10 years **Or** Colonoscopy at age 50, then Fecal Occult Blood Test annually plus Sigmoidoscopy or double-contrast barium enema every 5 years
DIABETES – TYPE 2			Beginning at age 45: Every 3 years or more often at discretion of physician	Beginning at age 45: Every 3 years or more often at discretion of physician
TETANUS, DIPTHERIA IMMUNIZATION	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)	3 doses if not previously immunized. Booster every 10 years (one booster should be with Adult dTap vaccine)