

# Health Screenings That Could Save Your Life

Getting regular health screenings provides early detection of chronic diseases. Early detection can provide for more treatment options and a greater chance for survival.

## Recommended Exam Schedule:

Health Screening Type	Ages 20-40	Ages 40-50	Ages over 50
Physical Exam	1-2 years	1-2 years	1-2 years
Blood Pressure	Every exam or 2 years	Every exam or 2 years	Every exam or 2 years
Cholesterol Blood Test	3-5 years	3-5 years	3-5 years
Pap Test	Annually	Annually	Annually
Mammography	Talk with your doctor if you are at increased risk.	Annually	Annually
Prostate Cancer Screening	Talk with your doctor if you are at increased risk.	Annually	Annually
Colorectal Cancer Screening	Talk to your doctor if you are at increased risk.	Talk with your doctor if you are at increased risk.	Annually

For information on free breast and cervical cancer screenings call the Reproductive Health Center at 243-7540.

**\*\*Please contact the Livingston County Department of Health with questions or concerns.**

