

CARE BEYOND 65: ESSENTIAL HEALTH SCREENINGS FOR SENIORS



WOMEN

BOTH

MEN

MEN

Testicular Exam – A yearly testicular exam assesses testicular health, checks for abnormalities, and screens for testicular cancer. This examination also evaluates reproductive health and identifies potential issues or lumps that might require attention.

Prostate Exam – It is recommended that men have their prostate checked **every three to five years** to evaluate prostate health, test for potential prostate issues, such as prostate cancer, and assess overall prostate function.

WOMEN

Pelvic Exam – A yearly pelvic exam is conducted to check for reproductive health and identify any abnormalities in the pelvic area. During this examination, the health of the uterus, ovaries, and cervix is assessed, along with the potential detection of gynecological issues.

Pap Smear – Pap smears, recommended **every three years**, play a crucial role in detecting cervical cancer and abnormal cervical cells, contributing to early diagnosis and effective management.

Bone Density Testing – Recommended **every three years**, this test can detect osteoporosis, identify early signs of bone density loss, evaluate bone strength, and monitor skeletal health.

Mammogram – Conducted **yearly**, mammograms aid in detecting breast cancer and revealing any breast abnormalities.

Ovarian Screening – Recommended **every three years for post-menopausal women**, this screening detects ovarian abnormalities, identifies potential ovarian issues, and evaluates overall reproductive health.

BOTH

Blood Glucose Test – Conducted **every five years**, this test assesses a patient's risk for diabetes by measuring blood sugar levels and evaluating metabolic health.

Cholesterol Screening – Recommended **every five years**, a cholesterol screening detects a patient's risk of heart disease by measuring cholesterol levels and identifying potential cardiovascular risk factors.

Blood Pressure Screening – For cardiovascular health and hypertension monitoring, a blood pressure screening is advised **every two years**.

Colonoscopy – Colonoscopies are recommended **every 10 years** to assess colorectal health, check for colorectal cancer, and remove polyps in the colon, therefore promoting gastrointestinal well-being.

Hearing Test – A hearing test should be conducted **every three years** to evaluate auditory function and detect early signs of hearing loss.

Bone Density Testing – Recommended **every two years**, this test can detect osteoporosis, identify early signs of bone density loss, evaluate bone strength, and monitor skeletal health.



**Disclaimer: This is an approximate timeline, and does not represent a complete list of possible health screenings. The age and frequency of screenings may change based on your personal health risks and family history. Talk to your doctor to determine which medical tests are right for you.*

About AMA Medical Group

At AMA Medical Group, our mission is to provide a lifetime of caring with excellence using our God-given talents to all those we serve. We are committed to consistently delivering high-quality health care that is supported—not only by our world-leading providers' medical knowledge—but also on Christian beliefs and respect for the patient as an individual.

Sources: Health Women, North Oaks, Women's Health, Greatist, Tri-City Med