

SCREENING TEST CHART

Knowing which screening tests to have is an important self-care skill. The following schedules are suggested for adults (■ both ■ male ■ female), but should be discussed further with your doctor.

TEST	AGE 25 TO 29	AGE 30 TO 34	AGE 35 TO 39	AGE 40 TO 44	AGE 45 TO 49	AGE 50 TO 59	AGE 60+
Blood pressure	At least once every five years Those who have high blood pressure will need more frequent testing						
Glaucoma ¹		Family history: at least once every five years		Family history: every two years No family history: every five years			
Dental check-ups	Every six months						
Testicular self-check	Regularly check testicles in shower or bath						
Cholesterol ²			Males: initial baseline test, review as appropriate				
Cholesterol					Females: initial baseline test Review as appropriate		
Cervical smear ³	Every three years if previous tests have been normal						
Breast self-check				Regularly look and feel for breast changes while washing and dressing			
Physical breast examination				Have as part of any well-woman check by a health professional			
Mammogram ⁴					Every two years		

Brief explanation:

1. Glaucoma – test for raised pressure in the eye
2. Cholesterol – a form of fat that performs necessary functions in the body but can also cause heart disease
3. Cervical smear – test to help prevent cancer of the cervix
4. Mammogram – X-ray of breasts