

Save a life.

Yours.





Health Screenings: Essential for All Adults

Regular health screenings can identify serious conditions and diseases early, sometimes even before symptoms begin, when they are easier to treat.

Even if you feel fine, it is still important to see your health care provider regularly to check for potential problems. Most people who have high blood pressure don't even know it. The only way to find out is to have your blood pressure checked regularly. Likewise, high blood sugar and high cholesterol levels often do not produce any symptoms until the disease becomes advanced.

Which tests you need depends on your age, your sex, your family history and whether you have risk factors for certain diseases. For example, being overweight may increase your risk of developing diabetes.

The following recommendations are based on federal guidelines and recommendations by the Clinical Team at Life Line Screening.

Abdominal Aortic Aneurysm – Begin screening at age 50. Screen every three years. Particularly important for smokers, those with a family history of AAA, or those with a history of vascular disease of any kind.

Atrial Fibrillation – Begin screening at age 50. Keep in mind that atrial fibrillation can be intermittent. If you or your doctor suspects atrial fibrillation, you may need to wear a special heart monitor 24-48 hours.

Blood Pressure – Have your blood pressure checked at least every 2 years.

Cholesterol Checks – Women should have their cholesterol checked regularly starting at age 45; men every 5 years beginning at 35. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.

Carotid Artery Disease – Begin screening at age 50. Repeat every 1 to 2 years depending on findings at baseline and risk factors.

Colorectal Cancer Tests – Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you.

Depression – If you've felt "down," sad, or hopeless, and have felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor about whether he or she can screen you for depression.

Diabetes Tests – Have a test to screen for diabetes if you have high blood pressure or high cholesterol.

Mammograms (Women) – Have a mammogram every year starting at age 40.

Osteoporosis Tests (Women) – Have a bone density test at age 65 to screen for osteoporosis (thinning of the bones). If you are between the ages of 60 and 64 and weigh 154 lbs. or less, talk to your doctor about whether you should be tested.

Pap Smears (Women) – Have a Pap smear every 1 to 3 years if you have been sexually active or are older than 21.

Peripheral Arterial Disease – Begin screening at age 50. People with diabetes may need to be checked earlier.

Prostate Cancer Screening (Men) – Talk to your doctor about the possible benefits and harms of prostate cancer screening if you are considering having a prostate-specific antigen (PSA) test or digital rectal examination (DRE).

Sexually Transmitted Diseases – Talk to your doctor to see whether you should be screened for sexually transmitted diseases, such as HIV, and, for women, also Chlamydia.

Details on several key screenings



ABDOMINAL AORTIC ANEURYSM

Abdominal aortic aneurysm – a widening of the main artery that takes blood from the heart to the rest of the body – is most common after age 60. Men are more likely than women to be affected than women and the rupture of an AAA is a catastrophe. Half of all persons with untreated abdominal aortic aneurysms die of rupture within five years. But early detection can save your life because an aortic aneurysm can be treated by surgery or stent-grafting.



ATRIAL FIBRILLATION

Atrial fibrillation is the most common serious heart rhythm abnormality in people over age 65. Untreated atrial fibrillation doubles the risk of heart-related deaths and causes a 4–5-fold increased risk for stroke. Among patients who do experience a stroke, 50% die within a year.



HIGH BLOOD PRESSURE

About one in three U.S. adults has high blood pressure, but nearly one-third of these people with high blood pressure don't know they have it. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. The only way to tell if you have high blood pressure is to have your blood pressure checked.



BREAST CANCER

Breast cancer affects one in eight women during their lives, and kills more women in the United States than any cancer except lung cancer. No one knows why some women get breast cancer, but there are a number of risk factors. Symptoms of breast cancer may include a lump in the breast, a change in size or shape of the breast or discharge from a nipple. Breast self-exam and mammography can help find breast cancer early when it is most treatable with radiation, lumpectomy, mastectomy, chemotherapy and hormone therapy.



CAROTID ARTERY DISEASE

Carotid artery disease is one of the most common causes of the almost 800,000 strokes that occur each year in the United States. Most cases of carotid artery disease develop slowly as cholesterol deposits cause a gradual narrowing of the carotid arteries that carry blood to the brain. If these deposits break or rupture, small blood clots and cholesterol fragments can break free and block the blood flow in smaller blood vessels in the brain, causing a stroke. Ultrasound of the carotid arteries is the most frequently used test to detect carotid artery disease. Other diagnostic tests include computed tomography angiogram and magnetic resonance angiogram. All three types of tests will provide information about the severity of the narrowing.

Details on several key screenings *(continued)*



CERVICAL CANCER

Cervical cancer is caused by several types of a virus called human papillomaviruses (HPV). The virus spreads through sexual contact. It usually takes several years for normal cells in the cervix to turn into cancer cells. Your health care provider can find abnormal cells by doing a Pap test – examining cells from the cervix under a microscope. By getting regular Pap tests and pelvic exams, you can find and treat changing cells before they turn into cancer.



CHOLESTEROL

High levels of cholesterol in the blood can increase your risk of heart disease. Your cholesterol levels tend to rise as you get older. There are usually no signs or symptoms that you have high blood cholesterol, but it can be detected with a blood test. You are likely to have high cholesterol if members of your family have it, if you are overweight or if you eat a lot of fatty foods.



COLORECTAL CANCER

Cancer of the colon or rectum is also called colorectal cancer. It is the fourth most common cancer in men and women. Caught early, it is often curable. Symptoms can include blood in the stool, narrower stools, a change in bowel habits and general stomach discomfort. However, you may not have symptoms at first, so screening is important. Everyone who is 50 or older should be screened for colorectal cancer.



DEPRESSION

Your emotional health is as important as your physical health. If you have felt “down,” sad, or hopeless over the last two weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.



DIABETES

Diabetes increases your risk for blindness, kidney failure, heart disease, sexual dysfunction, nervous system damage and amputation of a limb, but nearly one third of people with diabetes don't know they have it. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. Get a test for diabetes if you have high blood pressure or high cholesterol.

Symptoms of Type 2 diabetes – the most common type – may include fatigue, thirst, weight loss, blurred vision and frequent urination. Some people have no symptoms. A blood test can show if you have diabetes.

Details on several key screenings *(continued)*



OSTEOPOROSIS

Osteoporosis makes your bones weak and more likely to break. Anyone can develop osteoporosis, but it is common in older women. As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis. Osteoporosis is a silent disease. You might not know you have it until you break a bone. A bone mineral density test is the best way to check your bone health.



OVERWEIGHT AND OBESITY

Being overweight or obese increase your chances of developing diabetes, cardiovascular disease, high blood pressure, many cancers and can lead to many other health problems. Body mass index (BMI) is a measure of body fat based on height and weight. You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <http://www.nhlbisupport.com/bmi/>

If you are found to be overweight or obese, discuss what you can do to reduce your weight with your doctor.



PERIPHERAL ARTERIAL DISEASE (PAD)

Many people dismiss leg pain as a normal sign of aging. You may think its arthritis, sciatica or just “stiffness” from getting older. If you’re having any kind of recurring leg pain, talk to your health-care professional. Ankle-brachial index (ABI) is a painless exam that compares the blood pressure in your feet to the blood pressure in your arms to determine how well your blood is flowing. Normally, ankle pressure is at least 90% of the arm pressure, but with severe narrowing it may be less than 50%. Severe narrowing may lead to claudication or leg pain while walking. There is an increased risk of coronary artery disease associated with an abnormal PAD screening.



PROSTATE CANCER

Prostate cancer is the second most common cause of death from cancer in men of all ages. Levels of a substance called prostate specific antigen (PSA) is often high in men with prostate cancer. However, PSA can also be high with other prostate conditions. Since the PSA test became common, most prostate cancers are found before they cause symptoms such as problems passing urine, low back pain and pain with ejaculation.



SEXUALLY TRANSMITTED INFECTIONS

Talk to your doctor to see whether you should be tested for HIV, gonorrhea, syphilis, chlamydia or other sexually transmitted diseases. If you are having unprotected sex with anyone other than a long term monogamous partner or if you suspect your partner is not monogamous and you are having unprotected sex with them, you should ask your doctor about getting tested.

Health screenings for men

SCREENING TESTS	AGES 18-39	AGES 40-64	AGES 65-PLUS
<p>Abdominal Aortic Aneurysm (AAA) Screening</p> <p> offered by Life Line Screening Note: Key age is 50 and above.</p>		Life Line Screening recommends that anyone who has risk factors for abdominal aortic aneurysms should have an ultrasound every three years, starting at age 50 .	While the minimal recommendation is one ultrasound test for men between ages 65 -75 who have smoked, Life Line Screening recommends that men who have risk factors for abdominal aortic aneurysms should have an ultrasound every three years, starting at age 50 .
<p>Atrial Fibrillation Screening</p> <p> offered by Life Line Screening Note: Key age is 50 and above.</p>		Beginning at age 50 , Life Line Screening recommends an annual screening for atrial fibrillation, as atrial fibrillation can be intermittent.	Beginning at age 50 , Life Line Screening recommends an annual screening for atrial fibrillation, as atrial fibrillation can be intermittent.
<p>Blood Pressure Screening</p> <p> offered by Life Line Screening</p>	<p>Every 2 years if normal. Every year if 120-139/80-89 mmHg or higher.</p> <p>More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.</p>	<p>Every 2 years if normal. Every year if 120-139/80-89 mmHg or higher.</p> <p>More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.</p>	<p>Yearly.</p> <p>More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.</p>
<p>Carotid Artery Screening</p> <p> offered by Life Line Screening Note: Key age is 50 and above.</p>		Life Line Screening recommends that anyone over age 40 with risk factors for stroke, carotid artery disease, or atrial fibrillation should have a yearly carotid artery/stroke screening.	Life Line Screening recommends that anyone over age 50 should have a yearly carotid artery/stroke screening.
<p>Cholesterol Screening</p> <p> offered by Life Line Screening</p>	<p>Every 5 years starting at age 35.</p> <p>If you smoke, have diabetes or if heart disease runs in your family, start having your cholesterol checked at age 20.</p>	<p>Every 5 years</p> <p>More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.</p>	<p>Every 3-5 years.</p> <p>More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.</p>

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Health screenings for men *(continued)*

SCREENING TESTS	AGES 18-39	AGES 40-64	AGES 65-PLUS
<p>Colorectal Cancer Screening</p> <p> offered by Life Line Screening</p> <p>Note: Key age is 50 and above.</p>		<p>Starting at age 50, everyone should be screened for colorectal cancer. African-Americans need to start screening at age 45.</p> <p>Tests may include an immunochemical (FIT) stool test every year, a flexible sigmoidoscopy every 5 years with stool testing (FIT) every year, or a colonoscopy every ten years, along with a stool (FIT) test every year.</p>	<p>Starting at age 50, everyone should be screened for colorectal cancer. African-Americans need to start screening at age 45.</p> <p>Tests may include an immunochemical (FIT) stool test every year, a flexible sigmoidoscopy every 5 years with stool testing (FIT) every year, or a colonoscopy every ten years, along with a stool (FIT) test every year.</p>
Dental Exam	Yearly.	Yearly.	Yearly.
Depression Screening	If you've felt down, sad, hopeless or have felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor.	If you've felt down, sad, hopeless or have felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor.	If you've felt down, sad, hopeless or have felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor.
<p>Diabetes Screening</p> <p> offered by Life Line Screening</p>	Get screened for diabetes if your blood pressure is higher than 135/80 or if you have high cholesterol.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you have high cholesterol.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you have high cholesterol.
EKG (electrocardiogram) to Test for Heart Abnormalities	Baseline test at age 30 .	Every 4 years between ages 40-49 , then every three years after age 50 .	Every 3 years.
Eye Disorders	Every 2 years if you have vision problems.	Every 2 years after age 40 . Every exam after age 40 should include tonometry to check for glaucoma.	Every 2 years. Every exam after age 40 should include tonometry to check for glaucoma.

(continued)

Health screenings for men *(continued)*

SCREENING TESTS	AGES 18-39	AGES 40-64	AGES 65-PLUS
Hearing Test			Yearly.
HIV Screening	Talk to your doctor about HIV screening if you have had unprotected sex with multiple partners, have sex with men, use or have used injection drugs, exchange sex for money or drugs or have sex partners who do, have or had a sex partner who is HIV infected or injects drugs, are being treated for a sexually transmitted disease, or had a blood transfusion between 1978 and 1985.	Talk to your doctor about HIV screening if you have had unprotected sex with multiple partners, have sex with men, use or have used injection drugs, exchange sex for money or drugs or have sex partners who do, have or had a sex partner who is HIV infected or injects drugs, are being treated for a sexually transmitted disease, or had a blood transfusion between 1978 and 1985.	Talk to your doctor about HIV screening if you have had unprotected sex with multiple partners, have sex with men, use or have used injection drugs, exchange sex for money or drugs or have sex partners who do, have or had a sex partner who is HIV infected or injects drugs, are being treated for a sexually transmitted disease, or had a blood transfusion between 1978 and 1985.
Immunizations	After age 19 , one tetanus-diphtheria and acellular pertussis (TdAP) vaccine as one of your tetanus-diphtheria vaccines. Tetanus-diphtheria booster every 10 years.	Flu vaccine every year after age 50 . Tetanus-diphtheria booster every 10 years. One shingles or herpes zoster vaccination after age 60 .	Flu vaccine every year. Pneumococcal vaccine if you have not had one before or had one more than 5 years before turning age 65 . Tetanus-diphtheria booster every 10 years.
Lung Cancer		Should be considered in smokers over age 45 .	Should be considered in smokers over age 45 .
Oral Self-Exam <i>(for signs of oral cancer)</i>	Monthly.	Monthly.	Monthly.
Osteoporosis Screening  offered by Life Line Screening <i>Note: Key age is 50 and above.</i>		After age 50 , men with risk factors for osteoporosis should discuss screening with their doctor.	Bone density (DEXA scan) after age 70 . Life Line Screening recommends an osteoporosis screening every 2 years.
Peripheral Arterial Disease (PAD) Screening  offered by Life Line Screening <i>Note: Key age is 50 and above.</i>		Beginning at age 50, Life Line Screening recommends that anyone who has risk factors for PAD should have a yearly ankle-brachial index (ABI) screening.	Beginning at age 50, Life Line Screening recommends that anyone who has risk factors for PAD should have a yearly ankle-brachial index (ABI) screening.

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Health screenings for men *(continued)*

SCREENING TESTS	AGES 18-39	AGES 40-64	AGES 65-PLUS
<p>Prostate Exam</p>  <p><i>offered by Life Line Screening</i></p> <p><i>Note: Key age is 50 and above.</i></p>		Starting at age 50 (age 45 if you are African-American or have a family history of prostate cancer) discuss screening with your doctor. Screening tests may include the prostate-specific antigen (PSA) blood test or a digital rectal examination.	Starting at age 50 (age 45 if you are African-American or have a family history of prostate cancer) discuss screening with your doctor. Screening tests may include the prostate-specific antigen (PSA) blood test or a digital rectal examination.
<p>Skin Self-Exam <i>(for signs of early skin cancer)</i></p>	Monthly.	Monthly.	Monthly.
<p>STD Screening <i>(sexually transmitted diseases)</i></p>	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.
<p>Testicular Self-Exam</p>	Monthly.	Monthly.	Monthly.
<p>Testosterone Screening</p>		If you have low testosterone symptoms such as low sex drive, erectile dysfunction, fatigue and depression, discuss getting your level tested.	If you have low testosterone symptoms such as low sex drive, erectile dysfunction, fatigue and depression, discuss getting your level tested.
<p>Regular Wellness Exam</p>	Two exams during your 20s . The first one should include a cholesterol test.	Every 1-5 years.	Yearly.

Health screenings for women

Screening Tests	Ages 18-39	Ages 40-64	Ages 65-Plus
<p>Abdominal Aortic Aneurysm Screening</p> <p> offered by Life Line Screening Note: Key age is 50 and above.</p>		<p>Life Line Screening recommends that women who have risk factors for abdominal aortic aneurysms should have an ultrasound every three years, starting at age 50. AAAs are more likely to occur in women than previously thought, particularly for those aged 65 and older with a history of heart disease or who have smoked.</p>	<p>Life Line Screening recommends that women who have risk factors for abdominal aortic aneurysms should have an ultrasound every three years, starting at age 50. AAAs are more likely to occur in women than previously thought, particularly for those aged 65 and older with a history of heart disease or who have smoked.</p>
<p>Atrial Fibrillation Screening</p> <p> offered by Life Line Screening Note: Key age is 50 and above.</p>		<p>Beginning at age 50, Life Line Screening recommends an annual screening for atrial fibrillation, as atrial fibrillation can be intermittent.</p>	<p>Beginning at age 50, Life Line Screening recommends an annual screening for atrial fibrillation, as atrial fibrillation can be intermittent.</p>
<p>Blood Pressure Screening</p> <p> offered by Life Line Screening</p>	<p>Every 2 years if normal. Every year if 120-139/80-89 mmHg or higher.</p> <p>More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.</p>	<p>Every 2 years if normal. Every year if 120-139/80-89 mmHg or higher.</p> <p>More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.</p>	<p>Yearly.</p> <p>More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.</p>
<p>Breast Exam</p>	<p>Monthly breast self-exam. Complete breast exam by a health care provider every 3 years.</p>	<p>Monthly breast self-exam. Complete breast exam by a health care provider – including a mammogram – every year starting at age 40.</p>	<p>Monthly breast self-exam. Complete breast exam by a health care provider – including a mammogram – every year starting at age 40.</p>
<p>Carotid Artery Screening</p> <p> offered by Life Line Screening Note: Key age is 50 and above.</p>		<p>Life Line Screening recommends that anyone over age 40 with risk factors for stroke, carotid artery disease, or atrial fibrillation should have a yearly carotid artery/stroke screening.</p>	<p>Life Line Screening recommends that anyone over age 50 should have a yearly carotid artery/stroke screening.</p>

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Health screenings for women *(continued)*

Screening Tests	Ages 18-39	Ages 40-64	Ages 65-Plus
Chlamydia Screening	Get tested for chlamydia – which can affect your fertility – if you are age 24 or younger and sexually active.	Get tested for chlamydia if you are sexually active and at increased risk.	Get tested for chlamydia if you are sexually active and at increased risk.
Cholesterol Screening  offered by Life Line Screening	If you smoke, have diabetes or if heart disease runs in your family, start having your cholesterol checked at age 20 .	Every 5 years starting at age 45 . More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.	Every 3-5 years. More frequent measurement may be needed if you have conditions such as diabetes, heart disease or kidney problems.
Colorectal Cancer Screening  offered by Life Line Screening Note: Key age is 50 and above.		Starting at age 50 , everyone should be screened for colorectal cancer. African-Americans need to start screening at age 45. Tests may include an immunochemical (FIT) stool test every year, a flexible sigmoidoscopy every 5 years with stool testing (FIT) every year, or a colonoscopy every ten years, along with a stool (FIT) test every year.	Starting at age 50 , everyone should be screened for colorectal cancer. African-Americans need to start screening at age 45. Tests may include an immunochemical (FIT) stool test every year, a flexible sigmoidoscopy every 5 years with stool testing (FIT) every year, or a colonoscopy every ten years, along with a stool (FIT) test every year.
Dental Exam	Yearly.	Yearly.	Yearly.
Depression Screening	If you've felt down, sad, hopeless or have felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor.	If you've felt down, sad, hopeless or have felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor.	If you've felt down, sad, hopeless or have felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor.
Diabetes Screening  offered by Life Line Screening	Get screened for diabetes if your blood pressure is higher than 135/80 or if you have high cholesterol.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you have high cholesterol.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you have high cholesterol.
Eye Disorders	Every 2 years if you have vision problems.	Every 2 years after age 40 . Every exam after age 40 should include tonometry to check for glaucoma.	Every 2 years. Every exam after age 40 should include tonometry to check for glaucoma.
Hearing Test			Yearly.

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Health screenings for women (continued)

Screening Tests	Ages 18-39	Ages 40-64	Ages 65-Plus
HIV Screening	Talk to your doctor about HIV screening if you have had unprotected sex with multiple partners, use or have used injection drugs, exchange sex for money or drugs or have sex partners who do, have or had a sex partner who is HIV infected, bisexual, or injects drugs, are being treated for a sexually transmitted disease, or had a blood transfusion between 1978 and 1985.	Talk to your doctor about HIV screening if you have had unprotected sex with multiple partners, use or have used injection drugs, exchange sex for money or drugs or have sex partners who do, have or had a sex partner who is HIV infected, bisexual, or injects drugs, are being treated for a sexually transmitted disease, or had a blood transfusion between 1978 and 1985.	Talk to your doctor about HIV screening if you have had unprotected sex with multiple partners, use or have used injection drugs, exchange sex for money or drugs or have sex partners who do, have or had a sex partner who is HIV infected, bisexual, or injects drugs, are being treated for a sexually transmitted disease, or had a blood transfusion between 1978 and 1985.
Immunizations	After age 19 , one tetanus-diphtheria and acellular pertussis (TdAP) vaccine as one of your tetanus-diphtheria vaccines. Tetanus-diphtheria booster every 10 years.	Flu vaccine every year after age 50 . Tetanus-diphtheria booster every 10 years. One shingles or herpes zoster vaccination after age 60 .	Flu vaccine every year. Pneumococcal vaccine if you have not had one before or had one more than 5 years before turning age 65 . Tetanus-diphtheria booster every 10 years.
Oral Self-Exam <i>(for signs of oral cancer)</i>	Monthly.	Monthly.	Monthly.
Osteoporosis Screening  offered by Life Line Screening Note: Key age is 50 and above.		All postmenopausal women with fractures should have a bone density test (DEXA scan). Women ages 60-64 who weigh less than 154 pound should talk to their doctor about being screened. Life Line Screening recommends a screening every 2 years.	All women should have a bone density test (DEXA scan). Ask your doctor about the proper calcium intake and exercise needed to help prevent osteoporosis. Life Line Screening recommends a screening every 2 years.
Pelvic Exam and Pap Smear	Pap smear and pelvic exam every 1 to 3 years if sexually active or older than age 21 .	Pap smear and pelvic exam every 2 years.	After age 65-70 , most women can stop having Pap smears if they have had three negative tests within the past 10 years.

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Health screenings for women *(continued)*

Screening Tests	Ages 18-39	Ages 40-64	Ages 65-Plus
Peripheral Arterial Disease (PAD) Screening  offered by Life Line Screening Note: Key age is 50 and above.		Beginning at age 50, Life Line Screening recommends that anyone who has risk factors for PAD should have a yearly ankle-brachial index (ABI) screening.	Beginning at age 50, Life Line Screening recommends that anyone who has risk factors for PAD should have a yearly ankle-brachial index (ABI) screening.
Skin Self-Exam <i>(for signs of early skin cancer)</i>	Monthly.	Monthly.	Monthly.
STD Screening <i>(sexually transmitted diseases)</i>	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.
Regular Wellness Exam	Two exams during your 20s . The first one should include a cholesterol test.	Every 1-5 years.	Yearly.

More information

GENERAL INFORMATION:

- <http://www.nlm.nih.gov/medlineplus/magazine/issues/winter07/articles/winter07pg17a.html>
- http://www.heart.org/HEARTORG/Conditions/Arrhythmia/AboutArrhythmia/What-is-Atrial-Fibrillation-AF_UCM_423748_Article.jsp
- http://www.heart.org/HEARTORG/Conditions/More/PeripheralArteryDisease/Symptoms-and-Diagnosis-of-PAD_UCM_301306_Article.jsp
- <http://www.nlm.nih.gov/medlineplus/breastcancer.html>
- <http://www.nlm.nih.gov/medlineplus/cervicalcancer.html>
- <http://www.nlm.nih.gov/medlineplus/colorectalcaner.html>
- <http://www.nlm.nih.gov/medlineplus/diabetes.html>
- <http://www.nlm.nih.gov/medlineplus/cholesterol.html>
- <http://www.nlm.nih.gov/medlineplus/osteoporosis.html>
- <http://www.nlm.nih.gov/medlineplus/prostatecancer.html>

INFORMATION FOR MEN:

- <http://www.nlm.nih.gov/medlineplus/ency/article/007464.html>
- <http://www.nlm.nih.gov/medlineplus/ency/article/007465.html>
- <http://www.nlm.nih.gov/medlineplus/ency/article/007466.html>
- <http://www.shmg.org/body.cfm?id=1753>
- <http://www.ahrq.gov/ppip/healthymen.pdf>
- <http://www.idph.state.il.us/menshealth/screening.html>

INFORMATION FOR WOMEN:

- <http://www.nlm.nih.gov/medlineplus/ency/article/007462.html>
- <http://www.nlm.nih.gov/medlineplus/ency/article/007467.html>
- <http://www.nlm.nih.gov/medlineplus/ency/article/007463.html>
- <http://www.ahrq.gov/ppip/healthywom.pdf>
- <http://www.womenshealth.gov/publications/our-publications/screening-tests-for-women.pdf>
- http://www.acog.org/from_home/publications/press_releases/nr07-20-11-2.cfm

About Life Line Screening's vascular screening recommendations



Life Line Screening makes recommendations regarding vascular screening based on its unique perspective as the leading screening provider in the world.

Life Line Screening has developed a national, and now international, specialty in vascular screening. Screening since 1993, LLS has amassed the largest database ever collected on vascular conditions. The database is not only comprehensive; it also has the value of being collected over time in real-life conditions, not artificially manipulated study parameters.

We screen men and women. We screen ages 50 and over, although we will screen individuals in their '40s if risk factors are present. Contrary to many data collection practices, we do not filter out those with other cardiovascular diseases or other medical conditions. Our data is real, robust, and unique. Life Line Screening has screened more than 7 million people since 1993.

Studying this data internally, as well as working with independent researchers at top-tier institutions, we have a singular perspective on vascular disease and the utility of screening. Our vascular screening recommendations, therefore, may differ from current government guidelines or recommendations from other institutions. We offer our guidelines as a framework for vascular screening for the nation and other countries.

To learn more or make an appointment for a community-based screening, call us at 1-877-237-1377 or visit us at www.lifelinescreening.com.

