



UNIVERSITY OF COLORADO  
HOSPITAL



Women's Integrated  
Services in Health

## Screening Packages

Age 50 is the time to enjoy the good life.

The risk of colon cancer increases with age, so your doctor is right to tell you to get a colonoscopy.

### WHAT YOU NEED

- Colorectal Cancer Screening (Every 10 years if normal)
- Tetanus Booster (Every 10 years)
- Thyroid Test (Every 5 years, starting at age 35)
- Fasting Blood Sugar Test (Checking for diabetes)

# 50s

Age	51	52	53	54	55	56	57	58	59
Pap Smear – Every 3 Years (If last 3 were normal)			■			■			■
Annual Checkup w/Breast & Pelvic Exam (Looking for breast abnormalities or lumps that be cancerous)	■	■	■	■	■	■	■	■	■
Annual Blood Pressure Check (Looking for signs of heart disease)	■	■	■	■	■	■	■	■	■
Oral Health – Dental/Oral Exam (1-2 times every year)	■	■	■	■	■	■	■	■	■
Skin Health – Yearly by a health care provider (Monthly mole self-exam)	■	■	■	■	■	■	■	■	■
Colorectal Screening – Fecal Occult Blood Test	■	■	■	■	■	■	■	■	■
Mammogram (Yearly)	■	■	■	■	■	■	■	■	■
Immunizations – Influenza vaccine	■	■	■	■	■	■	■	■	■
Thyroid Screening (Every 3-5 years) (Looking for hormone abnormalities)			■			■			■
Cholesterol/Lipid Panel (Every 3 years) (Screening for high cholesterol that increases the risk of heart attack & stroke)			■			■			■
Eye and Ear Health (Every 2 years)		■		■		■		■	
Tetanus/Diphtheria Booster Vaccine (Every 10 years)	■								
General Health (Full check-up including weight & height), Cancer Screening, Mental Health (Depression Screening), Health Behavior Assessment, Bone Health, Diabetes	Discuss with your health care provider								

8/06