

## RECOMMENDED SCREENINGS BY AGE RANGE Schedule annual wellness exams to maintain your health.

**40-49** • Colon Cancer Screening (Cologuard or Colonoscopy) Start at 45, screening type at provider's discretion

- Colon Cancer Screening (Cologuard or Colonoscopy)
  Screening type at provider's discretion
  - Heart Screening Start at 50, Cardiac CT every 3 years at provider's discretion
  - Lung Cancer Screening
     Start at 50, 20 pack-year or more smoking history (1 pack of cigarettes per day for 20 years; 2 packs per day for 10 years, etc.)
  - Prostate Cancer Screening Start at 50, PSA Lab Test every year

Please schedule a consultation whenever you have a concern.

