

LIFE CALENDAR			
TEST	SCREENS FOR	START AT AGE	FREQUENCY
EYE SCREENING	VISUAL FUNCTION	6 MONTHS - 1 YEAR OLD	ONCE DURING THIS 6 MONTH PERIOD
DENTAL CHECK-UP	CAVITIES & GUM INFLAMMATION	6 MONTHS - 1 YEAR OLD	EVERY 6 MONTHS
EYE EXAM	VISION	5 YEARS OLD	ANNUALLY
CLINICAL TESTICULAR EXAM	TESTICULAR CANCER	15 YEARS OLD	ANNUALLY UNTIL 30
VITAMIN D LEVEL	VITAMIN D DEFICIENCY	18 YEARS OLD	EVERY 2 YEARS
BLOOD PRESSURE	HYPERTENSION	18 YEARS OLD	ANNUALLY
STD SCREENING	COMMUNICABLE DISEASE	WHEN SEXUALLY ACTIVE	ACCORDING TO RISK
TEST	SCREENS FOR	START AT AGE	FREQUENCY
CLINICAL SKIN SCREENING	SKIN CANCER	20 YEARS OLD	ANNUALLY
BLOOD LIPIDS	CHOLESTEROL & TRIGLYCERIDES	20 YEARS OLD	EVERY 5 YEARS
FASTING GLUCOSE	DIABETES	20 YEARS OLD	EVERY 3 YEARS
CLINICAL BREAST EXAM	BREAST CANCER	20 YEARS OLD	EVERY 3 YEARS, THEN ANNUALLY AFTER 39
PAP SMEAR	CERVICAL CANCER	21 YEARS OLD	ANNUALLY UNTIL 3 ARE NEGATIVE THEN EVERY 3 YEARS
TEST	SCREENS FOR	START AT AGE	FREQUENCY
HPV	HUMAN PAPILLOMAVIRUS	30 YEARS OLD	EVERY 3 YEARS
TSH (BLOOD TEST)	THYROID DISEASE	35 YEARS OLD	EVERY 5 YEARS
C-REACTIVE PROTEIN	HEART DISEASE	40 YEARS OLD	EVERY 5 YEARS
MAMMOGRAM	BREAST CANCER	40 YEARS OLD	ANNUALLY
EKG	HEART DISEASE	40 YEARS OLD	ANNUALLY
TEST	SCREENS FOR	START AT AGE	FREQUENCY
COLONOSCOPY	COLORECTAL CANCER	50 YEARS OLD	EVERY 5 YEARS
PSA (BLOOD TEST)	PROSTATE CANCER	50 YEARS OLD	ANNUALLY
DRE (DIGITAL RECTAL EXAM)	PROSTATE CANCER	50 YEARS OLD	ANNUALLY
DEXA SCAN	BONE DENSITY	AROUND MENOPAUSE	EVERY 2 YEARS
VITAMIN B12 LEVEL	VITAMIN B12 DEFICIENCY	65 YEARS OLD	EVERY 3 YEARS

NOTE: Recommendations on when and how often to have these tests may vary depending on an individual's medical and family history and other risk factors. Martha Stewart Living Omnimedia under no circumstances recommends a particular test schedule for specific individuals and in all cases recommends that you consult your physician.