

**BLANCHARD VALLEY MEDICAL ASSOCIATES  
SCREENING GUIDELINES**

<b>TEST</b>	<b>RECOMMENDATION</b>	<b>FREQUENCY</b>
GUAIACS	Men and women 50 and older	Annually
FLEX. SIG./COLONOSCOPY	Men and women 50 and older	Flex sig. every 5 years or colonoscopy every 10 years
DIGITAL RECTAL EXAMINATION	Men and women 50 and older	Annually
MAMMOGRAM	Women 40 and older	Annually
BREAST EXAM	Women age 20-39 Women 40 and older	Every 3 years Annually
BREAST SELF- EXAMINATION	Women 20 and older	Monthly
PAP TEST	Women 18 and older	Annually – may decrease to every 3 years after 3 or more normal exams. If you have had a complete hysterectomy discuss frequency with physician.
PELVIC	Women 18 and older	Annually
PSA	Men over 50 with a life expectancy of at least 10 years	Annually
SKIN EXAM	Men and women 20-40 Men and women over 40	Every 3 years Annually
BONE DENSITY	Women 45-50	Baseline – frequency every 2 years if positive or as indicated
HEIGHT	Men and women	Annually
LIPID PROFILE	Men and women age 50 or older	Baseline – frequency varies based on the results
SPIROMETRY	Men and women 45 and older who currently smoke or quit in the previous year	If normal, every 3-5 years
CHEST X-RAY	Men and women 50 and older at risk for lung cancer (current smokers, those with COPD, family history of lung cancer)	Annually
STRESS TEST	Men and women 50 and older	As indicated by current and family history (diabetes, hypertension, hypercholesterolemia, smoking)

**PATIENTS – IF YOU FALL INTO ANY OF THE ABOVE CATAGORIES AND HAVE NOT HAD THE APPROPRIATE SCREENING TEST DONE, PLEASE ASK TO SCHEDULE IT!**

**These guidelines need to be revised for individuals with risk factors for disease development. Risk factors include, but are not limited to:**

- \* Strong family history of any cancer, heart disease, or diabetes
- \* Personal history of any cancer, heart disease, or diabetes
- \* Gestational diabetes, infant birth weight of more than 9 pounds
- \* Personal history of adenomatous polyps
- \* Personal history of chronic inflammatory bowel disease
- \* Families with hereditary colorectal cancer syndrome
- \* High-fat, low-fiber diet      \* Alcohol      \* Obesity
- \* Physical inactivity      \* Smoking      \* Dysplastic nevi
- \* Exposure to occupational chemicals/asbestos/radon
- \* Unprotected exposure to strong sunlight or tanning booth
- \* Fair skin, freckles, light hair      \* Family history of melanoma
- \* Previous breast biopsy or irradiation      \* Immune suppressive treatment