

Preventive Screening Guide for Older Adults

Screening Test	Who Should Get It	How Often	Notes / Source
CANCER & CONDITION SCREENINGS			
Colorectal Cancer	Adults 45 to 75; people with strong family history may need earlier or more frequent screening	FIT yearly; FIT-DNA every 3 years; colonoscopy every 10 years	Ages 76 to 85 individualized by health and prior screening (USPSTF)
Lung Cancer (Low-Dose CT)	Adults 50 to 80 with a 20 pack-year smoking history who smoke or quit within the past 15 years	Annually	Stop if quit 15+ years ago or not a treatment candidate (USPSTF)
Breast Cancer (Mammogram)	Women 40 to 74; women with strong family history may require earlier or more frequent screening or added tests	Every 2 years	Evidence limited for women over 75; discuss with clinician (USPSTF; HealthyWomen)
Abdominal Aortic Aneurysm (AAA)	Men 65 to 75 who have ever smoked	Once	Women who have smoked should discuss screening with their doctor; evidence unclear (USPSTF)
Osteoporosis (DXA)	Women 65 and older; women with early menopause or strong family history may need earlier screening	Every 2 years or as advised	Consider earlier if postmenopausal and high risk (USPSTF; NIA)
GENERAL HEALTH & MENTAL HEALTH SCREENINGS			
Blood Pressure	All older adults	At least annually	Helps prevent heart disease and stroke (USPSTF)
Cholesterol / Lipids	Adults at cardiovascular risk; frequency adjusted based on health history	Every 4 to 6 years, or more often if needed	Guides statin therapy decisions (USPSTF)
Diabetes / Prediabetes	Adults 35 to 70 with overweight or obesity; adults under 35 only if significant risk factors	Every 3 years	Lifestyle programs recommended for prediabetes (USPSTF)

Screening Test	Who Should Get It	How Often	Notes / Source
Depression	All adults, including adults 65+	During routine visits	Effective when follow up is available (USPSTF)
Falls Risk Assessment	Adults 65+ at increased risk	During wellness visits	Exercise and home safety reduce fall risk (USPSTF; NCOA)
Vision and Hearing	Older adults with symptoms; many clinicians advise regular checks	As needed; many clinicians suggest vision every 1 to 2 years and hearing annually	Seek care when changes affect daily life (NIA)
Pelvic Exams	Asymptomatic women	As advised	Routine pelvic exams are not required annually (ACOG)
Women's Preventive Care	Women in their 60s	As advised	Includes mammogram, thyroid testing, and gynecologic exams (HealthyWomen)