

preventive care
SCREENINGS

DO IT TODAY!

To schedule your tests,
please talk with your physician.

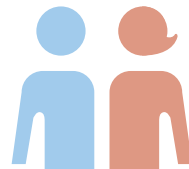
NEED A PHYSICIAN?

Call the Physician Referral Line
at 440-743-4900.

**Parma
Community
General Hospital**

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■ Regular physical exams and health screening tests are an important part of preventive health care. ■ Early detection is the key to the most effective treatment. ■ Here are screening guidelines by sex and age. ■ Your physician may customize them further based on your personal and family medical history.

SCREENINGS for men & women

SCREENING	STARTING AGE	FREQUENCY
Cholesterol	20	Every 5 years
Vision/Glaucoma	20-40	Every 3 years
	40-65	Every 2 years
	65 and older	Every year
Sigmoidoscopy	50	Every 5 years
Colonoscopy	50	Every 10 years

SCREENINGS for men

SCREENING	STARTING AGE	FREQUENCY
Prostate Screen	50	Every year
Abdominal Aortic Aneurysm	65 if a smoker (former or current)	

SCREENINGS for women

SCREENING	STARTING AGE	FREQUENCY
Pap Screen	21	Every year
Mammogram	40	Every 1-2 years
Bone Density Screen	50-60	Every 2 years