

Advocate Christ Medical Center
is committed to health education,
early detection, prevention,
wellness and clinical research.

For more information or assistance with
scheduling an appointment, call:

1-800-3-ADVOCATE
(1-800-323-8622)

or visit us at www.advocatehealth.com/christ



GENERAL

SCREENING	PURPOSE	20-29	30-39	40-49	50-59	60+
Cholesterol and HDL-C	Identify people at high risk for coronary artery disease	Every 5 years depending on level	Every 5 years depending on level	Every 1-3 years depending on level	Annually	Annually
EKG	Identify injury to heart or irregular rhythms			Baseline test between ages 40 and 45	Annually	Annually
General Physical Exam	Detect conditions before symptoms develop	Every 2-3 years	Every 2-3 years	Every 2-3 years	Annually	Annually
Immunizations	Create immunity against a particular disease	Diphtheria-Tetanus every 10 years. Rubella once if necessary (females only). Influenza annually age 65 and older. Pneumococcal vaccine once after age 65				
Rectal Exam	Detect any abnormalities in the rectum				Annually	Annually
Flexible Sigmoidoscopy/ Colonoscopy	Detect cancers and growths (polyps) on the inside wall of the colon before they become cancerous				Every 3-5 years	Every 3-5 years
Hemoccult	Detect blood in stool to screen for various diseases				Annually	Annually
Tonometry	Screen for glaucoma	Annually	Every 2 years after age 35	Every 2 years	Every 1-2 years	Annually

WOMEN

Breast Self Exam	Look for color changes, skin irregularities, lumps and changes in the nipples	Monthly	Monthly	Monthly	Monthly	Monthly
Mammography	Detect cancer and precancerous changes		Baseline test between ages 35 and 40	Every 1-2 years	Annually	Annually
Pap Smear	Detect abnormal cells that may become cancerous	Annually	Annually	Annually	Annually	Annually
Pelvic Exam	Detect cancer and precancerous changes of the cervix	Annually	Annually	Annually	Annually	Annually
Bone Density Screening	Detect osteoporosis (the loss of bone mass, which can increase risk of fractures)		Baseline at menopause. Repeat measurements depending upon results and physicians advice.			

MEN

Prostate Specific Antigen	Detect prostate cancer in the earliest stages			Annually after age 40	Annually	Annually
Testicular Self Exam	Detect testicular cancer, the most common malignancy in American men between ages 15 and 35.	Monthly	Monthly	Monthly	Monthly	Monthly
Digital Rectal Exam	Identify and early growth or tumor in the prostate gland			Annually after age 40	Annually	Annually