



4 recommended screenings for adults

1

Mammograms

Women begin at **age 40**, then every **year** after depending on risk factors.

2

Bone Density Scan

Women begin at **age 65**, then every **2 years**.

Men begin at **age 65** if they have risk factors for breaking bones.

3

Colonoscopy

Men and women begin at **age 45**, and then every **10 years** for average risk.

4

Depression

Men and women begin at **age 12**, and then every year.



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