

Table 2 Selected conditions for screening

Health condition	Age (years)	Grade ^a	Sex	Reference test	Recommended testing interval
Diabetes	18–65	B	Both	Fasting plasma glucose	Every 3 years
Breast cancer	45–65	B	Female	Mammography	Every 2 years
Colon cancer	50–65	A	Both	Faecal occult blood	Annually
High blood cholesterol	20–35	B	Male	Blood total cholesterol	Every 5 years
	35–65	A			
	20–45	B	Female		
	45–65	A			
Smoking	15–65	A	Both	Question	1st visit
Hypertension	18–65	A	Both	Sphygmomanometer	Every 2 years for those with normal blood pressure; annually for those with hypertension
Obesity	6–65	B	Both	Body mass index	1st visit

^aUS Preventive Service Taskforce recommendations (12).

Grade A: The USPSTF found good evidence that the service improves important health outcomes and concludes that benefits substantially outweigh harms. Grade B: The USPSTF found at least fair evidence that the service improves important health outcomes and concludes that benefits outweigh harm.