

Common health tests by gender and age

Gender	Age Range	Tests
Men	18-39	BLOOD PRESSURE SCREENING CHOLESTEROL SCREENING DIABETES SCREENING SKIN SELF-EXAM
Men	40-64	BLOOD PRESSURE SCREENING CHOLESTEROL SCREENING COLORECTAL CANCER SCREENING DIABETES SCREENING LUNG CANCER SCREENING OSTEOPOROSIS SCREENING PROSTATE CANCER SCREENING SKIN EXAM TESTICULAR EXAM
Men	65 and older	ABDOMINAL AORTIC ANEURYSM SCREENING BLOOD PRESSURE SCREENING CHOLESTEROL SCREENING COLORECTAL CANCER SCREENING DIABETES SCREENING HEARING TEST LUNG CANCER SCREENING OSTEOPOROSIS SCREENING PROSTATE CANCER SCREENING For men 70 or older, most recommendations are against screening.
Women	18-39	BLOOD PRESSURE SCREENING BREAST CANCER SCREENING CERVICAL CANCER SCREENING CHOLESTEROL SCREENING DIABETES SCREENING
Women	40-64	Blood Pressure Breast Cancer Cervical Cancer Cholestrol COLORECTAL CANCER SCREENING DIABETES SCREENING LUNG CANCER SCREENING OSTEOPOROSIS SCREENING SKIN EXAM

Women	65 and older	Blood Pressure Breast Cancer Cervical Cancer Cholestrol COLORECTAL CANCER SCREENING You may need a colonoscopy more often if you have risk factors for colon cancer, including: Ulcerative colitis A personal or family history of colorectal cancer A history of growths in your colon called adenomatous polyps DIABETES SCREENING LUNG CANCER SCREENING OSTEOPOROSIS SCREENING SKIN EXAM HearingTest
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Common conditions, symptoms and corresponding tests

Condition	Symptoms	Tests
Pre-diabetes	Darkened Skin Increased thirst Frequent urination Increased hunger Fatigue Blurred vision Numbness or tingling in the feet or hands Frequent infections Slow-healing sores Unintended weight loss	Diabetes Panel

Hyperthyroidism	<p>Anxiety</p> <p>Difficulty concentrating</p> <p>Fatigue</p> <p>Frequent bowel movements</p> <p>Goiter (visibly enlarged thyroid gland) or thyroid nodules</p> <p>Hair loss</p> <p>Hand tremor</p> <p>Heat intolerance</p> <p>Increased appetite</p> <p>Increased sweating</p> <p>Irregular menstrual periods in women</p> <p>Nail changes (thickness or flaking)</p> <p>Nervousness</p> <p>Pounding or racing heart beat (palpitations)</p> <p>Restlessness</p> <p>Sleep problems</p> <p>Weight loss (or weight gain, in some cases)</p> <p>Other symptoms that can occur with this condition:</p>	<p>Blood Pressure</p> <p>Thyroid Panel - T3, T4, TSH</p> <p>Cholesterol Level</p> <p>Glucose</p> <p>Specialized thyroid tests like Thyroid receptor antibody (TRAb) or Thyroid Stimulating Immunoglobulin (TSI)</p> <p>Radiology:</p> <p>Ultrasound</p> <p>Thyroid Scan</p> <p>Radioactive Iodine uptake test</p>
Hypothyroidism	<p>Tiredness.</p> <p>More sensitivity to cold.</p> <p>Constipation.</p> <p>Dry skin.</p> <p>Weight gain.</p> <p>Puffy face.</p> <p>Hoarse voice.</p> <p>Coarse hair and skin.</p> <p>Muscle weakness.</p> <p>Muscle aches, tenderness and stiffness.</p> <p>Menstrual cycles that are heavier than usual or irregular.</p> <p>Thinning hair.</p> <p>Slowed heart rate, also called bradycardia.</p> <p>Depression.</p> <p>Memory problems.</p>	<p>Blood Pressure</p> <p>Thyroid Panel - T3, T4, TSH</p> <p>Cholesterol Level</p> <p>Glucose</p> <p>Specialized thyroid tests like Thyroid receptor antibody (TRAb) or Thyroid Stimulating Immunoglobulin (TSI)</p> <p>Radiology:</p> <p>Ultrasound</p> <p>Thyroid Scan</p> <p>Radioactive Iodine uptake test</p>

Heart Diseases	<p>Chest pain, chest tightness, chest pressure and chest discomfort (angina)</p> <p>Shortness of breath</p> <p>Pain in the neck, jaw, throat, upper belly area or back</p> <p>Pain, numbness, weakness or coldness in the legs or arms if the blood vessels in those body areas are narrowed</p> <p>Chest pain or discomfort</p> <p>Dizziness</p> <p>Fainting (syncope) or near fainting</p> <p>Fluttering in the chest</p> <p>Lightheadedness</p> <p>Racing heartbeat (tachycardia)</p> <p>Shortness of breath</p> <p>Slow heartbeat (bradycardia)</p> <p>Easily getting short of breath during exercise or activity</p> <p>Easily tiring during exercise or activity</p> <p>Swelling of the hands, ankles</p>	<p>Cholestrol tests: Total cholestrol, LDL, HDL, Tryglycerides, non HDL cholestrol.</p> <p>Hs-CRP</p> <p>Lp(a)</p> <p>Plasma Ceramides</p> <p>BNP</p> <p>Troponin T</p> <p>Electrocardiogram</p> <p>Echocardiogram</p> <p>TMT</p>
Osteoporosis	<p>Back pain, caused by a broken or collapsed bone in the spine.</p> <p>Loss of height over time.</p> <p>A stooped posture.</p> <p>A bone that breaks much more easily than expected.</p>	<p>Bone density</p> <p>BALP</p> <p>Bone Panel</p>
PCOS		<p>Hormone Test</p> <p>fasting cholesterol and triglyceride levels.</p> <p>glucose tolerance test</p> <p>Ultrasound</p>