

30s

Both men and women are at greater risk for heart disease and type 2 diabetes after age 30. One in 10 cancers is diagnosed in people ages 25-40.

30s Risks

Women



Cervical Cancer

#1 cancer in women ages 30-40



Breast Cancer

High risk/family history increases incidence under age 40



Type 2 Diabetes

18% of women over 30 have type 2 diabetes

TESTS

- Pelvic exam and Pap smear every 3 years or as directed by your doctor.
- Breast cancer exam annually. Mammogram for women with family history of breast cancer.
- Blood sugar test every 5 years. Annually if overweight.



Men

Testicular Cancer



Accounts for 15% of cancers in men 30-40

Melanoma



11% of cancers in men over 30

Type 2 Diabetes



20% of men over 30 have type 2 diabetes

Heart Disease



#1 killer of men over 35

Colorectal Cancer



11% of cancers in men over 30

TESTS

- Blood sugar test every 5 years. Annually if overweight.
- Cholesterol testing every 5 years.
- Annual testicular exam performed by doctor.
- Screenings for colorectal and prostate cancer if high risk.