USPSTF Screening Cheat Sheet

Companion to Ep 677-679

Grades: A/B = do it. C = selective (shared decision). D = recommend against. I = insufficient evidence.

Screen	Who	Test and interval	Grade
Cancer			
Breast cancer	Women 40–74	Mammogram every 2 yrs	B
Cervical cancer	Women 21–29	Pap every 3 yrs	A
Cervical cancer	Women 30–65	Pap every 3, HPV every 5, or co-test every 5	A
Colorectal cancer	45–49 / 50–75 / 76–85	Colonoscopy 10, CT colonography 5, flex sig 5, FIT 1, sDNA-FIT 1–3	B / A / C
Lung cancer	50–80, ≥20 pack-yrs, smoking or quit ≤15 yrs	Low-dose CT yearly	B
Prostate cancer	Men 55–69 / ≥70	Shared decision on PSA / don't	C / D
Heart, vessels, bones, metabolism			
AAA	Men 65–75 who ever smoked	Ultrasound once	B
Osteoporosis	Women ≥65, or younger postmenopausal at higher risk	DXA	B
Hypertension	Adults ≥18	Office BP, confirm out of office	A
Prediabetes/diabetes	35–70 with BMI ≥25	Glucose or A1c, every 3 yrs	B
Statin	40–75, ≥1 risk factor, 10-yr risk ≥10%	Start statin	B
Infections			
HIV	15–65, all pregnancies	Once, more if at risk	A
Hepatitis C	18–79, all pregnancies	Once	B
Hepatitis B	At-risk adults / all pregnancies	HBsAg	B / A
Syphilis	At-risk adults / all pregnancies	Serology	A
Chlamydia/gonorrhea	Sexually active women ≤24, older if at risk	NAAT	B
Latent TB	At-risk adults	TST or IGRA	B
Mental health and behavior			
Depression	Adults / teens 12–18	PHQ	B
Anxiety	Adults ≤64 / kids 8–18	GAD-7	B
Alcohol and drugs	Adults ≥18	Questions, brief counseling	B
Tobacco	All adults	Ask, advise, behavioral plus meds (no meds in pregnancy)	A
IPV	Women of reproductive age	Screening questions	B
Pregnancy and kids			
Pregnancy	Each pregnancy	Urine culture first visit; GDM ≥24 wks; Rh antibody repeat 24–28 wks	B
Kids	3–5 / ≥6	Vision once / BMI ≥95th percentile intervention	B

D list (don't screen)

- Pancreatic, ovarian, testicular, thyroid cancer ("Don't POTT")
- Pap <21, >65 with adequate prior screening, or after hysterectomy for benign disease; PSA ≥70
- Carotid ultrasound, ECG in low-risk adults, COPD spirometry
- HSV serology; asymptomatic bacteriuria if not pregnant
- BRCA testing without personal or family history; AAA in never-smoking women
- Aspirin ≥60; hormone therapy, low-dose vitamin D and calcium, vitamin E, beta-carotene for prevention

I list highlights (insufficient evidence)

- Skin, oral, bladder cancer
- Mammogram ≥75; dense-breast imaging
- Chlamydia/gonorrhea in men; DXA in men
- TSH; vitamin D level; cognition; hearing; suicide risk
- Teens' alcohol and drugs; kids' lipids, BP, scoliosis

Source: USPSTF recommendations, uspreventiveservicestaskforce.org. Cervical cancer reflects the 2018 final recommendation (2024 draft update pending). For exam review only.

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