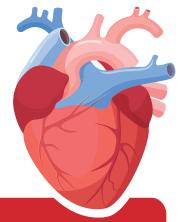
Heart Screening through the years

Taking preventative measures now—no matter your age—has the power to significantly reduce the risk of heart disease. If you are concerned about your heart or are at risk based on screening results, talk to your PCP about seeing a RWJBH Cardiologist.



Checkups

Visits at ages 1, 2, 4, 6, 9, 12, 15 and 18 months. Annual visits from ages 2 to 17, including a visit at age 30 months; screen for healthy weight.

Screening Tests

Obesity: Monitor starting at age 6. **Blood Pressure:** Check annually age 3+.

Birth

18 to 39

to 17

AGES 40 to 49 •

50 to 74

75 and older

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Cholesterol: Check every five years. Obesity: Monitor periodically throughout

Blood Pressure: Check every 3 to 5 years (annual if risk factors).

Diabetes: Discuss with your provider; screen individuals ages 35-70 who are overweight.

Wellness Check

Check blood for healthy weight and assess overall

Screening Tests

Calcium Score: Depending on risk for heart

Cholesterol: Check every two years.

Obesity: Monitor periodically throughout adulthood.

Blood Pressure: Check annually.

Diabetes: Discuss with your provider; screen individuals ages 35-70 who are overweight.

Wellness Check

Screening Tests

Blood Pressure: Check annually.

Wellness Check

healthy weight and

Screening Tests

Cholesterol: Check yearly.

Obesity: Monitor periodically throughout

Blood Pressure: Check annually.



These recommendations can change depending on your risk for heart disease, including family history.

For a referral, visit rwjbh.org/heart or call 888-724-7123.



