

Age-Appropriate NCD Screening Table

Condition	Screening Test	Start Age	Frequency	Sex
Hypertension	Blood Pressure Measurement	18 years	Every 3–5 years; annually if risk	All
Type 2 Diabetes	Fasting Glucose / HbA1c	35 years	Every 3 years; earlier if risk	All
Dyslipidemia	Lipid Profile (TC, LDL, HDL, TG)	Men >35 years Women >45 years	Every 5 years; more often if risk	All
Obesity	BMI + Waist Circumference	5 years	Every routine visit	All
Mental Health	Depression / Anxiety Screening (PHQ-9, GAD-7)	12 years	Annually or as needed	All
Cervical Cancer	Pap Smear / HPV Test	25 years	Pap every 3 years; HPV every 5 years	Women
Breast Cancer	Mammography	40 years	Every 1–2 years till 50 years	Women
Colorectal Cancer	FOBT / FIT / Sigmoidoscopy / Colonoscopy	45 years	Varies by test type	All
Prostate Cancer	PSA Testing	50 years	Every 1–2 years	Men
Osteoporosis	DEXA (Bone Density Test)	Men >70 years Women >65 years	Every 2–5 years if normal	Women / Men
Vision	Eye Exam	40 years	Every 2–4 years; annually if diabetic	All
Hearing Loss	Audiometry	50 years	Every 2–3 years	All
Cognitive Decline	MMSE / Mini-Cog	65 years	As needed or annually	All
Fall Risk	Functional Assessment	65 years	Annually or if frail	All
Lung Cancer	Low Dose CT (if smoker)	50 years (smokers)	Annually (if 20+ pack- years)	All (if risk)
Thyroid Disorders	TSH	35 years	One-time; repeat if symptomatic	All
Hepatitis B/C	HBsAg / HCV Ab	Once (if risk)	Once or if risk factors present	All
Gum / Tooth Health & Cavities	Dental Checkup	5 years	Annually	All
Heart Disease Screening	ECG / Echocardiography / TMT	35 years	2 years; Annually if at risk	All