



# Front Range Lumber Company

*The news you need to make your project a success!*

## INDUSTRY NEWS

### Availability

Just when we thought we could leave 2020 with all its ins and outs behind; 2021 picks up in lumber-world right where 2020 left off. Severe shortages cross the entire spectrum of lumber and construction items. We expect 1x cedar boards and fencing items to be extremely scarce. We do project our needs extensively, and believe we have good supplies of cedar, lumber, trim boards, decking items and many other categories covered for the upcoming busy summer season.

Cedar fencing items, in particular, will be the most difficult segment to source in 2021.

### Pricing

Just as availability is very restricted in many segments of our industry, prices are increasing. This follows the theme we've discussed before – the world of lumber is very close to “textbook” economics by following the rules of supply and demand. Pricing in most types of wood items is at record levels and seem to be heading even higher. In most categories, we have been notified to expect further increases every other month or even more often.

## FRLCO NEWS

### We be social!

- We are now using social media!
- FOLLOW us on TWITTER: [www.twitter.com/frontrangelumbr](http://www.twitter.com/frontrangelumbr)
- LIKE us on FACEBOOK: [www.facebook.com/frontrangelumberco](http://www.facebook.com/frontrangelumberco)
- See us on INSTAGRAM: [www.instagram.com/frontrangelumber/](http://www.instagram.com/frontrangelumber/)
- And, of course, there's a wealth of information on our website: [WWW.FRLCO.COM](http://WWW.FRLCO.COM)

## KENT'S CORNER

I am talking to contractors and homeowners about getting quotes and more importantly making the job happen. Price increases, likely shortages, and consumers' expectations seem to be going off the scale. This obviously adds another layer of difficulty to construction.

We already see where prices are rising, sometimes more than once between the date of the quote and the decision to buy. The volume and fury of business in winter (I write this in early March) is more consistent with July. Oddly, high prices are barely causing many to slow down building material purchases, except maybe fencing. My opinion is that prices for what you need may not fall until NEXT summer! For prices to normalize, we need COVID-19, weather disasters, labor strikes (like the Canadian cedar strike last year), tariffs, worker shortages, etc., to all go away. Combine this with massive demand for the current limited range of ways for people to spend money “safely” (like booze and building materials), you have a perfect storm of supply/demand heartaches!

My best advice is to plan ahead, double check your list, order everything you need at once, be flexible and understanding. Also, your quote will quickly become outdated under these conditions. Remember that more expensive lumber is not necessarily better lumber, similar to gasoline, where the quality remains the same, regardless where the price goes! Save money by combining deliveries. Plan carefully to avoid return fees. A common problem we see is the purchase of posts when the length needed was not measured at the job. Make sure that your customer understands building materials are not like internet sales and returns. Make sure they

understand that casual plan changes result in your extra labor fees and probably restocking fees. Help your customer understand that construction does not always move smoothly. This is a common misconception. Be patient especially with doors, windows and any other special orders.

We always appreciate your business and your understanding!

## BUILT RIGHT

### Board Foot??

What is a “board foot”? In the simplest sense, a board foot is one square foot of lumber, 1” thick – all in nominal measurements. That's easy enough on a 1x12-8' – it's eight board feet. The math gets a lot tougher on other sizes; we feel the best way to compute board feet to multiply everything together – quantity, thickness, width and length and THEN divide by 12. So, two examples:

- 2 pcs 1x12-8 would be  $2 \times 1 \times 12 \times 8 \div 12 = 16$  board feet (BF)
- 17 pcs 2x8-14 would be  $17 \times 2 \times 8 \times 14 \div 12 = 317.33$  board feet (BF).

If you're curious, all the below are just ONE board foot:

- 6 lineal feet of 1x2
- 3 lineal feet of 1x4
- 2 lineal feet of 1x6
- 1.5 lineal feet of 1x8
- 1.5 lineal feet of 2x4
- 1 lineal foot of 2x6
- $\approx 14.5''$  of 1x10
- 9'' of 2x8
- 7.25'' of 2x10
- 6'' of 2x12
- 9'' of 4x4
- 6'' of 4x6
- 4'' of 6x6

## Better Grades

**FRONT RANGE LUMBER** does generally carry a better grade of framing lumber than do most lumberyards. While we do this to get better-LOOKING lumber, there are other advantages to going to a higher grade. We heard from a customer recently that a county inspector was going to make them rip out and replace a bunch of framing with LVLs. However, after the customer pointed out the lumber used (supplied by us) was a #1 and “select structural” grade, the inspector promptly approved the framing as-is. These grades carry higher structural values. And while we certainly can’t represent that a better grade will make all your inspection issues go away, this example provides another reason to use “better lumber”. We know this customer was very relieved

## PROFIT SHARING

### 14 Foot

In addition to long lengths such as 18’ and 20’, **FRONT RANGE LUMBER** carries the much more unusual 14’ length. In many cases, on a per foot basis, 14s will be the most economical length to use – ideal if you’re cutting up/using short pieces.

### Truck Beds

We get many requests for replacement truck bed boards. In 2021, in addition to offering plain framing lumber and treated wood, we have taken the additional steps in securing a supply of “6/4” White Oak boards which will measure close to 1½” thick by 7¼” (this is a nominal 2x8). As Oak is a hardwood, this version provides a superior board to use when hauling heavy equipment or when the trailer/truck bed gets a lot of wear and tear. At the top of the spectrum, we offer a nominal 2x8 in Apitong. Apitong is very hard (and difficult to machine); **FRONT RANGE LUMBER** uses it on our own truck beds. Despite heavy use, in 35 years, we’ve only replaced three beds among the various trucks we’ve owned. While the Oak and Apitong options are more expensive, they also are the much longer lasting, more durable options.

## Garage Doors

Kind of a dumb thing, but one of the easiest, quickest and least expensive home improvement projects you will ever complete is installing weatherstrip around your overhead garage door. This seal will reduce drafts coming into your garage while minimizing the dirt and debris that also comes in throughout the year. Measuring 2¾” wide overall with a vinyl flap that flexibly meets uneven surfaces, this weatherstrip needs very little maintenance. It comes in white or dark brown, although it can be painted any color. The pieces are in 9’ sections and can be cut easily and nailed or screwed to the trim around your door.

## PRODUCT NEWS

### TREX

**FRONT RANGE LUMBER** is a stocking dealer of Trex decking. Trex is the leader in composite decking. To say Trex offers a vast color selection in colors of decking is an understatement. While we won’t stock ALL these colors in all the lengths possible, **FRONT RANGE LUMBER** will carry one of the largest selections available. A few other points to keep in mind:

- For a multitude of reasons, square edge boards may be available in only specific lengths.
- As demand increasingly shifts to a hidden fastening system, square edge boards are also increasingly used only for edge or border boards, stair treads, or special uses.
- Trim boards only come in 12’ lengths (i.e., 1x8 and 1x12)

## TAKING STOCK...

### LINX Pergolas

**FRONT RANGE LUMBER** will be stocking the LINX line of pergola parts. We believe this is the easiest and quickest way to build a pergola. This system requires no special tools and no cutting other than cutting the wood you use to length. Using s4s lumber or the STIX – brand 6x6 posts, the LINX brackets can be used to assemble a pergola in many different configurations.

## Redwood

**FRONT RANGE LUMBER** is your best destination for quality redwood boards, decking and timbers. We stock redwood in a “B” grade, which minimizes the number of knots and other imperfections while containing both sapwood (white colored) and heartwood (red-colored). We believe it’s the best alternative available for exterior projects of all stripes. The product is available in 1x4, 1x6, 1x8 and 1x12 is board sizes. For decking and related, the standby is 2x6. Also, in stock will be 2x8, 2x12 and 4x4. Timbers in an all-heart grade in all sizes are available with relatively short lead times. We do stock the 6x6-8 size.

Also in our inventory is a limited amount of 5/4 decking. This will be higher in price than 2x6 for decking use, however, if you require just a few boards to match existing 5/4 decking, this will be an off-the-shelf solution.

### Why We Don’t Stock/Sell Certain Items

There are many items we don’t regularly stock for a variety of reasons, we thought it might be good to share why in some of these cases. We consider many factors in choosing products to sell – it’s not an arbitrary thing:

**5/4 TREATED DECKING.** This item is notorious for warping, splitting and cupping. Its instability is attributable to Colorado’s altitude and subsequent high UV exposures. In addition, our dry climate collides with where the wood itself comes from: the humid, moist southern United States. If you do choose to use this as decking, we strongly recommend:

- Using THREE screws at every joist.
- Contrary to most deck installs where you should gap the boards, this item should be installed tightly together.
- Installed with joists 12” on center.
- End-coat any board you cut with end coat solution.

**PRECUT TREATED STAIR STRINGERS** on the surface are a great idea, but less than useful otherwise. These precut stringers come in 2, 3, and 4 step sections which may work out in your case, but that’s the rub – their size will probably not work out well in most cases without doing lots of other work.

**“SHIPLAP” SIDING/PANELING.** We receive lots of inquiries on “shiplap” siding/paneling. This is a great and popular look; however, shiplap only refers to the joint type where the edge of one board overlaps the next board. When you desire shiplap, there’s the consideration of what type of wood, what grade (knotty or clear) and most importantly, what gap (if any) between the edges of the boards. These gaps can range from no gap, shadow gap, “nickel” gap and larger.

**KITS.** Kits might be the way to go, especially if you’re very flexible and in a hurry. Otherwise, a deck or pergola kit is a ready-made size that may not lay out well on your particular site. In addition, most kits utilize lower grade lumber to offset the cutting costs while still maintaining a “good” price. We find most customers want their project scaled to their layout and individual preferences.

**LONG “LANDSCAPE” TIMBERS** are very easy to source. The largest issue with these is they are not “proportional” in cost to the more common 8’ lengths. Even 10’ pieces can easily be double the cost of an 8’ with only two additional feet!

## LVL

Just a reminder – we stock LVL in 5½”, 7¼”, 9½”, 11⅞”, 14” and 16” sizes. We do have these in 60’ lengths, which we then chain-saw cut into whatever length(s) you need. We do ask for a two-hour warning before you want to pick them up in order to get them cut. For deliveries, we can easily accommodate that cut time before a scheduled delivery. Finally, as with more other lumber items, we do anticipate the supply of the LVLs to be very tight. The primary reason for shortages here is that the epoxy chemical plants which supply most of the industry were damaged in 2020’s hurricane season and are not up to full production. Without these epoxies, production of I-joists, LVL and other engineered lumber items will fall short of demand in the near future.

## Gorman Pine Boards

**FRONT RANGE LUMBER** stocks only #2 and clear grade pine boards from what we consider the premium mill producing pine boards – Gorman Brothers Lumber. We believe they machine their boards with greater detail and smoothness than any other mill. Using quality lumber also provides the best end result in your own projects. The only way to see the difference is to stop by and see for yourself the higher quality that Gorman boards offer. We stock Gorman boards in both #2 (knotty) and CLEAR grades in 1x4 through 1x12, in 8’ to 16’ lengths.

## WHAT’S COOKIN’?

Called a Finnish pancake, it quick and easy recipe is reminiscent of a flan. On our first try, we simply reduced blueberries to a compote with no added ingredients, the second time was heating a container of frozen strawberries and adding some sliced fresh ones. Both options were well liked. Fry up some ham or bacon and you have an easy and quick crowd pleaser with very minimal effort.

Melt 4 tablespoons butter in a 9x13 pan. Mix the following VERY well:

1 cup flour

2 cups milk

4 eggs

1 tablespoon vanilla extract

1 cup sugar (I’ve reduced the sugar to 1/3 cup with great results; if so, add a little more flour than above.)

Pour the batter into the pan and bake at 350° for 45 minutes. Cut and serve with whatever topping you can dream of.

## CONSUMER NEWS

### See it...

We always urge you to see it before you buy it. There are many differences in wood products: grade, thickness, wood type, dried or green lumber and so on. You are in the best position to determine your own needs and budget.

**Front Range Lumber Company**

## Garden Beds

Just our annual “reminder” that treated lumber should NOT be used for gardens beds in which food is grown. Treated IS a great alternative in flower beds or retaining walls. Refer to the related article about long-length landscape timbers for cost information on them. Treated landscape timbers available in green or brown colors in a standard 6x6-8’ size are the best, most affordable option on a simple retaining wall or a NON-vegetable garden bed.

## Coyote Danger

Late February to early March is mating season for coyotes and the gestation period averages 58 to 63 days. Male coyotes can become more aggressive during this time of year and can pose an increased risk to your dog (and other small

pets). Don’t let your dogs out alone. The coyote gets your dog to chase him and then somewhere in the distance the pack waits for your dog. Then the outcome is tragic as they can and will attack/kill your pets.

## Wood.Works @ Arvada Center

January 21 - April 25, 2021

*Cut. Carved. Assembled. Glued. Layered. Painted. Stained. Burned. Peeled. Exploring the Materiality of Wood.*

This material-based exhibition involves everything WOOD. Following up the Arvada Center’s paper-based exhibition *Paper.Works* (2017), *Wood.Works* features 24 regional artists using wood as their primary medium. Through massive installations, elegant sculptures, and two-dimensional reliefs, *Wood.Works* showcases the vast creativity of artists and highlights an array of techniques and forms that are possible for this dynamic and ubiquitous material.

This exhibition is presented alongside *Carley Warren: Three Pieces* in the Theatre Gallery. Reserve a free time-slot to visit both exhibitions today!

<https://arvadacenter.org/events/woodworks>

## 8 Home Smells That Could Be Signs of Danger

You think you smell fish – even though you haven't cooked anything resembling salmon or swordfish in days. Or maybe it's the smell of your fireplace – even though you haven't set fire to a log in weeks. Or the odor resembles ammonia, rotten eggs or something else entirely. Such household odors can serve as clues that there are hidden dangers in the home – problems that could be pricier to repair and potentially hazardous to your health if not found and fixed fast. Here's what homeowners need to know about eight home odors:

**FISHY SMELL THAT'S NOT FISH.** Some people refer to this as a urine or burning rubber smell. This could be something electrical in the home overheating and melting its insulating plastic or rubber—which could lead to a fire. The most likely culprit is an appliance, such as a dishwasher, washing machine or an air conditioner. Sniff near each of these while they are running to try to identify the source. When you think you have found the source, either call in a repair professional to investigate... or replace the appliance if it is approaching the end of its useful life.

**Warning:** If the odor seems to be emanating from a wall switch, outlet or some other part of your home's electrical wiring, not an appliance, switch off the circuit breaker and call an electrician.

**AMMONIA SMELL THAT'S NOT AMMONIA.** Some people describe this as the smell of death, and they're right—a mouse or some other small animal likely has died inside your home. One solution is to find and remove the corpse, and that's often easier said than done—there's a good chance that it is in a hard-to-reach spot inside your walls, ceiling or floor. Use your nose to find where the smell is strongest, and search everywhere you can in that area. Consider buying and using a small snaking digital inspection camera to peek into walls, behind cabinets and appliances and into other tight spots. Unfortunately, even with a snaking camera, you won't be able to see everywhere without drilling holes in walls, and that usually causes more problems than it solves. Of course, you

could just wait for the smell to go away, which typically takes a few weeks.

Meanwhile, inspect the perimeter of your home for gaps where rodents can enter, and seal these to prevent further invasions. Also, deploy rodent traps—not rodent poison—in the home. If you use poison, additional rodents might die in their hard-to-reach nests inside your home, creating more bad smell.

**DAMP, MUSTY SMELL.** This usually signals mold or mildew, which could become a big problem for both your home and your health if not quickly remedied. Use a digital hygrometer to check the relative humidity of each room in the house—you can find these for less than \$10 online or at home-improvement stores. If you get readings above 50%, run a dehumidifier. Apply an antimicrobial spray to carpets, curtains and fabric-covered furniture in any room that has high humidity and/or a musty odor.

Meanwhile, search these rooms for water leaks. Look behind refrigerators and under sinks for wet spots. Visit the room during the next hard rain to look for visible leaks. Go down to the basement, crawl space or room directly beneath this musty room to look for evidence of water leaks there, too—those could point to leaks that are hard to spot in the room above.

**MUSTY/SMOKY ODOR FROM A FIREPLACE THAT'S NOT IN USE.** First, make sure that the chimney dampers are closed. Chimney smells can be drawn into the house when these are left open. If that's not the problem, vacuum and then scrub the "firebox"—the area that contains the fire at the base of the chimney. If the smell persists after the firebox has dried following this cleaning, call in a chimney sweep to clean and inspect your chimney. Mention that you suspect water might be getting in. The problem might be as simple as a dislodged chimney cap, or there might be cracks in the masonry.

Make sure the chimney sweep checks whether the damper is sealing sufficiently. You can purchase and use an inflatable damper, sometimes called a fireplace draft stopper. These are available for less than \$100.

**DUSTY BURNING SMELL** when you turn on your heat for the first time in

months. Burning smells understandably trigger home owner anxieties, but this one usually is not a problem—the dust that settled on the unit over the summer is simply burning away. This smell should disappear on its own within a few hours of turning on the heat. Do replace your HVAC system's filter if you haven't done so recently because it might be allowing excessive dust to collect on heating components.

**Warning:** Turn off your heating system and call in an HVAC repair pro if you see smoke coming from vents and/or the burning smell occurs at any time other than the heating system's first few uses of the season.

**CHEMICAL SMELL FROM NEW FURNITURE, CARPET OR PAINT.** A fresh coat of paint, a new piece of pressed-board furniture or a new carpet can off-gas volatile organic compounds (VOC) that are not just unpleasant to smell but also unhealthy to breathe. When possible, remove new pressed-wood (particle board) furniture and carpeting from its packaging and let it air out in your garage for at least an hour, and preferably overnight, before bringing it into your home. If that isn't feasible, open all the windows in the room and run fans to circulate the air for at least an hour and as long as a full day. That method also works when you are painting interior walls.

**SEWAGE SMELL.** This sometimes is confused with the rotten-egg smell, but it's less "eggy" and more like the smell of an outhouse or a portable toilet. It probably is coming from a drain. Use your nose to determine which one—it could be the drain of a toilet, sink, tub or shower.

One possibility is that there isn't enough water in this drain's "P trap." The P trap is a curved piece of pipe below the drain that should be full of water—the water blocks offensive odors from your sewer line or septic tank from wafting back into the house. If this is the case, running the water for a few seconds (or flushing the toilet) should solve the problem. You also will have to air out the house to get rid of the odor that's already there. This is especially likely if the toilet, sink, tub or shower has gone unused for months—the water in the P trap might have evaporated.

If that does not solve the problem—or if you see that the water is not draining properly—the odor probably is coming from material clogged in the drain line. Put on rubber gloves, and use a flexible 16-to-18-inch drain-cleaning brush to clear out any gunk from the drain. Next, let the hot water run for a few minutes (or flush the toilet) to confirm that it is now draining properly. Then shut off the water and pour one cup of bleach into the drain. Let the bleach sit for 30 to 60 minutes, then run the hot water (or flush the toilet) again. If the odor persists, you may need to rent or purchase a plumber’s auger to dislodge the clog.

**ROTTEN-EGG SMELL COULD BE TWO THINGS.** A rotten-egg smell might be a potentially dangerous natural gas leak. Get everyone out of the house—leaving the door and windows open so that some gas can escape—and call your gas company immediately to report the problem and request further instructions. Natural gas itself is odorless, but a sulfur-like rotten-egg smell is added so that leaks will be detected.

If a faint rotten-egg smell occurs only when your hot water is running, however, it’s probably not a gas leak at all but rather a small amount of odorous sulfur in the water. Sometimes you or a plumber can solve this problem by shutting off the water line leading to the water heater, using a hose to drain the tank, then refilling the tank.

## Health Screenings

Health screenings are an essential aspect of preventative health for people of all ages. Even if you feel fine, you should still see your provider(s) for regular checkups. The main goal of health screenings is to detect any signs or symptoms of a disease. Health screenings also enable you to be aware of your health risk factors to help you avoid problems in the future. The earlier that a medical problem is found through health screening, the better chances of getting you treated for that disease. For example, the only way to find out if you have high blood pressure is to have it checked regularly. High blood sugar and high cholesterol level also may not have any symptoms in the early stages. Simple blood tests can check for these conditions.

The purpose of screening visits is to:

- Screen for medical issues
- Assess your risk for future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- Help you get to know your provider(s) in case of an illness

Health screenings are based on the information you provide, so be sure to discuss your complete health history with your practitioner at every visit. Write down questions you may have for your provider ahead of time and take notes during your appointment. Bring a list with you of any medications and supplements that you take and share that information with your provider as well.

Health screenings are an opportunity to take control of your personal health and work with your provider(s) to make shared decisions. Screening services may differ based on your history, current symptoms, and health insurance provider.

Additionally, there are age-specific and gender-specific tests that may be needed. Understanding these tests and when to ask for them can help you stay on top of your overall health. Early detection is critical when treating illnesses like cancer and controlling chronic conditions, according to the U.S. Preventive Services Task Force.

Some variation exists on the timing and frequency of screening guidelines from various recommending entities. The information in the **table on the following page** is generally from MedlinePlus, an online health information resource service of the National Library of Medicine (NLM), the world’s largest medical library, which is part of the National Institutes of Health (NIH):

<https://medlineplus.gov/ency/article/007467.htm>

Supplemental information was obtained from the “Healthy Life Blog” of Columbia Doctors Nurse Practitioner Group associated with Columbia University Irving Medical Center, Columbia School of Nursing, and New York-Presbyterian:

<https://www.columbianps.org/healthy-life-blog/guide-to-annual-health-screenings-by-age/>

## HUMOR

Hiding from you wife?? These are the going rates you’ll have to pay off your bartender to lie:

\$10.00 “Nope, not here”

\$20.00 “Just missed him”

\$30.00 “Just had one drink and left”

\$40.00 “Hasn’t been in all day”

\$50.00 “Never heard of him”

## Health Screenings by Age and Gender

Type of Screening	Ages 18 to 39		Ages 40 to 64		Age 65 and Older	
	Male	Female	Male	Female	Male	Female
Physical*	every year	every year	every year	every year	every year	every year
Blood pressure*	every 2 years	every 2 years	every 1 to 2 years	every year	at least every 2 years	every year
Cholesterol*	typically, not needed unless known risk factors; after age 35-at least every 5 years	typically, not needed unless known risk factors; after age 35-at least every 5 years	every 5 years or as recommended	every 5 years or as recommended	every 5 years or as recommended	every 5 years or as recommended
Diabetes / sugar*	typically, not needed unless known risk factors	typically, not needed unless known risk factors	over 44, every 3 years or as recommended	every 5 years or as recommended	every 3 years or as recommended	every 5 years or as recommended
Skin*	self-exam; doctor exam if high risk	self-exam; doctor exam if high risk	self-exam; doctor exam if high risk	self-exam; doctor exam if high risk	self-exam; doctor exam if high risk	self-exam; doctor exam if high risk
Hearing*	as needed	as needed	as needed	as needed	as needed	as needed
Mental Health / Depression*	as needed	as needed	as needed	as needed	as needed	as needed
Immunizations	flu-yearly; tetanus-every 10 years; measles, mumps, rubella-if not already immune	flu-yearly, tetanus-every 10 years, measles, mumps, rubella-if not already immune; HPV-if not received	flu-yearly; tetanus-every 10 years; pneumococcal-as recommended by doctor; shingles-at or after 50; as recommended	flu-yearly; tetanus-every 10 years; pneumococcal-as recommended by doctor; shingles-at or after 50; as recommended	flu-yearly; tetanus-every 10 years; pneumococcal-yearly; shingles-at or after 50; as recommended	flu-yearly; tetanus-every 10 years; pneumococcal-yearly; shingles-at or after 50; as recommended
Infectious diseases	hepatitis C recommended; others as recommended by doctor	annual up to age 25; after 25, as recommended/if at high risk; hepatitis C recommended	hepatitis C recommended; others as recommended by doctor	as recommended by doctor	hepatitis C recommended; others as recommended by doctor	hepatitis C recommended; others as recommended by doctor
Breast exam	not listed	self-exam monthly; doctor exam up to every 3 years	not listed	self-exam monthly; doctor exam up to every 2 years	not listed	self-exam monthly; doctor exam every 1 to 2 years up to age 75
Mammogram	not listed	not unless high risk	not listed	every 1 to 2 years	not listed	every 1 to 2 years
Cervical cancer	not applicable	start by age 21; every 3 years (Pap test)	not applicable	every 3 years (Pap test) or 5 years (HPV testing)	not applicable	none if 3 normal tests within past 10 years
Prostate cancer	not recommended unless high risk	not applicable	under age 50, not recommended unless high risk; after age 50, as recommended by doctor	not applicable	up to age 69, yearly or as recommended by doctor; after age 70, as recommended	not applicable
Colon cancer	not recommended unless high risk	not recommended unless high risk	under 50-not recommended unless high risk; at and above 50-“regular basis” w/frequency dependent on type of test and risk factors	under 50-not recommended unless high risk; at and above 50-“regular basis” w/frequency dependent on type of test and risk factors	“regular basis” w/frequency dependent on type of test and risk factors	“regular basis” w/frequency dependent on type of test and risk factors
Bone density/ osteoporosis	not recommended	not recommended	over 50-discuss with doctor	over 50-once for baseline, then as recommended	baseline if not previously done, then every 5 years or as recommended	yearly or as recommended
Lung cancer	not recommended	not recommended	every year if over age 55, 30 pack/year smoking history, and currently smoke or have within past 15 years	every year if over age 55, 30 pack/year smoking history, and currently smoke or have within past 15 years	every year if over age 55, 30 pack/year smoking history, and currently smoke or have within past 15 years	every year if over age 55, 30 pack/year smoking history, and currently smoke or have within past 15 years
Abdominal aortic aneurysm	not recommended	not recommended	not recommended	not recommended	between ages 65 and 75 and have smoked	as recommended
Dental	every 6 to 12 months	every 6 to 12 months	every 6 to 12 months	every 6 to 12 months	every 6 to 12 months	every 6 to 12 months
Eye	every 2 to 4 years or as recommended by doctor	every 2 to 4 years or as recommended by doctor	up to 55-every 2 to 4 years or as recommended by doctor; above 55-every 1 to 3 years or as recommended by doctor	up to 55-every 2 to 4 years or as recommended by doctor; above 55-every 1 to 3 years or as recommended by doctor	every 1 to 2 years	every 1 to 2 years

\* May be included in a “general physical” screening.