

ADULT PREVENTIVE CARE GUIDELINES

SCREENING TEST	OBJECTIVE	AGES 18 - 34	35 - 49	50 - 64	65+
Blood Pressure	Detect high blood pressure which may lead to stroke and/or heart disease	Periodically			
Height & Weight / BMI	Identify weight problems	Periodically			
Cholesterol	Detect risk of heart disease and stroke	At your physician's discretion	Every 5 yrs. Men beginning at age 35 Women beginning at age 45		
Hearing	Identify hearing loss	At your physician's discretion			
Vision/Glaucoma	Detect vision disorder		Every 2 yrs. beginning at age 40		Yearly
Mammography (women only)	Early detection of breast cancer	At your physician's discretion	Yearly beginning at age 40 (recommended by American Cancer Society)		
Clinical Breast Exam (women only)	Detect of breast cancer	Every 3 yrs. Age 20-39 (recommended by American Cancer Society)	Yearly beginning at age 40 (recommended by American Cancer Society)		
Pap Smear (women only)	Early detection of cervical cancer	Every 2-3 yrs. beginning at age 21			At your physician's discretion
Prostate Specific Antigen (PSA-men only)	Early detection of possible prostate cancer			Yearly (recommended by American Cancer Society)	
Sigmoidoscopy / Colonoscopy	Detection of colon polyps and colon cancer		At your physician's discretion	Every 5 yrs. (Sigmoidoscopy) Every 10 yrs. (Colonoscopy) (recommended by American Cancer Society)	
Fecal Occult Blood	Early detection of colorectal cancer		At your physician's discretion	Yearly (recommended by American Cancer Society)	
Bone Mineral Density (BMD)	Detect osteoporosis				Routinely
Cancer Related Checkups Thyroid, Mouth, Skin, Ovaries, Testicles, Lymph Nodes	Early cancer detection	Periodically Beginning at age 20 (recommended by American Cancer Society)			
IMMUNIZATIONS					
Tetanus - Diphtheria-Pertussis	Protect against tetanus - diphtheria-Pertussis	One dose Tdap; Td booster every 10 years			
Pneumococcal	Protect against pneumonia				Once, at age 65
Influenza	Protect against flu			Yearly	
Measles, Mumps, Rubella (MMR) (for adults without evidence of immunity)	Protect against MMR	1 or 2 doses			
Varicella (chicken pox) (for adults without evidence of immunity)	Protect against Varicella	2 doses			
Hepatitis B	Protect against Hepatitis B	3 doses			
Human Papillomavirus (HPV)	Protect against cervical cancer	3 doses For women aged 26 or younger			
Zoster	Protect against zoster (shingles)			1 dose (age 60 or older)	
HEALTH GUIDANCE	OBJECTIVE	AGES 18 - 34	35 - 49	50 - 65	65+
Smoking, Alcohol & Drugs, AIDS, Nutrition, Physical Activity, Sexually Transmitted Diseases, Oral Health, Injury Prevention, Breast Feeding, Calcium (women 18+), Folate (women 18-50), Aspirin (men 40+, women 50+)	Promotion of individual's health and wellness	Periodically			