

# 成人體格檢查表

常規測檢	目的	18 - 34 歲	35 - 49 歲	50 - 64 歲	65 歲以上
血壓	查出高血壓，因其可能導致中風或心臟病	18-39歲： 每3-5年檢查一次	40歲或以上： 每年檢查一次		
血糖	查出糖尿病		如超重或肥胖，應在 40-70歲之間做測檢		
身高及體重 / 體重指數	查出體重過重或過輕之原因	定期性地			
膽固醇度數	鑑別是否有心臟病或中風之危險存在	視乎醫生決定	每五年一次 從35歲開始(男) 從45歲開始(女)		
聽力	查出聽力問題	視乎醫生決定			
視力	測出不正常的視力		40歲時進行詳細眼睛檢查		每一至兩年一次
乳房 X 光透檢(女性)	驗出早期乳癌跡象	視乎醫生決定	45至54歲每年一次 (美國防癌協會建議)	55歲或以上每兩年一次 (美國防癌協會建議)	
子宮頸塗片檢查(女性)	查出早期子宮頸癌跡象	從21歲開始每3年一次			視乎醫生決定
前列腺抗原(PSA男性)	測出早期前列腺癌跡象			從50歲開始與醫生 商討有關測檢	
乙狀結腸鏡/大腸鏡	查出結腸肉及腸癌		視乎醫生決定	每五年一次(乙狀結腸鏡) 每十年一次(大腸鏡) (美國防癌協會建議)	
大便潛血檢驗	驗出大腸癌跡象		視乎醫生決定	每年一次 (美國防癌協會建議)	
骨質密度(BMD)	查出骨質疏鬆症				定期性地(女性)
防癌檢查 包括甲狀腺，口腔， 皮膚，卵巢，睪丸， 淋巴結	查出早期癌跡象	定期性地 從20歲開始 (美國防癌協會建議)			
<b>防疫注射/疫苗</b>					
破傷風/白喉/百日咳	抵抗破傷風/白喉病毒/百日咳病毒	一次;每10年重打加強針			
肺炎	預防感染肺炎				65歲注射一次PCV13及 一年後注射一次PPSV23
流感	預防感染流感病毒	每年一次			
麻疹、流行性腮腺炎及 德國麻疹 (對無法提供免疫證明的人)	預防感染麻疹、流行性腮腺炎及 德國麻疹病毒	一或兩次			
水痘 (對無法提供免疫證明的人)	預防感染水痘病毒	兩次			
乙型肝炎	預防乙型肝炎	三次			
人類乳頭瘤病毒	預防患上子宮頸癌, 肛門癌及 喉癌	三次 26歲或以下的女性 21歲或以下的男性			
疱疹	預防帶狀疱疹			兩次(50歲或以上)	
<b>保健指導</b>					
吸煙、愛滋病、性病：酗酒 和吸食毒品、營養、體育運動、 口腔健康、預防意外受傷、餵哺 母乳等。女性(18歲以上)服用鈣 片，女性(18-50歲)服用Folate， 男性(45歲以上)及女性(55歲以上) 服用阿士匹靈	促進個人健康	定期性地			

# 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	Age 18-39: screen every 3-5 yrs	Age 40 and over: screen yearly		
Blood Sugar	Detect diabetes		Age 40-70: screen if overweight or obese		
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	Detect vision disorder		Comprehensive eye exam at age 40		Every 1-2 yrs
Mammography (women only)	Early detection of breast cancer	At your physician's discretion	Yearly from age 45 to 54 (recommended by American Cancer Society)	Every 2 yrs from age 55 (recommended by American Cancer Society)	
Pap Smear (women only)	Early detection of cervical cancer	Every 3 yrs. beginning at age 21			At your physician's discretion
Prostate Specific Antigen (PSA-men only)	Early detection of possible prostate cancer			Discuss with doctor about screening beginning at age 50	
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 (women)
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				1 dose PCV13 at age 65 & 1 dose PPSV23 a year later
Influenza	Protect against flu	Yearly			
Measles, Mumps, Rubella (MMR) (for adults without evidence of immunity)	Protect against MMR	1 or 2 doses			
Varicella (for adults without evidence of immunity)	Protect against chicken pox	2 doses			
Hepatitis B	Protect against Hepatitis B	3 doses			
Human Papillomavirus (HPV)	Protect against cervical, anal and throat cancer	3 doses For women thru age 26 For men thru age 21			
Zoster	Protect against shingles			2 doses (age 50 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 45+, women 55+)	Promotion of individual's health and wellness	Periodically			