

成人體格檢查表

常規測檢	目的	18 歲	19 - 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	從 18 歲開始；視乎醫生決定				
血糖	查出糖尿病			35-70 歲 視乎醫生決定		
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		從 20 歲開始 四到六年一次			
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		從 40 歲開始每隔一年		
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	查出大腸息肉及腸癌			從 45 歲開始 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)			
防疫注射/疫苗						
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					注射一次 PCV20 或者 注射一次 PCV15 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)	
保健指導						
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			

Sources: U.S. Preventive Services Task Force; American Academy of Ophthalmology; American Cancer Society; American Heart Association; U.S. Centers for Disease Control and Prevention; Recommended Adult Immunization Schedule; U.S. Department of Health and Human Services

華人社區健康資源中心編譯，1999-2026 年版權所有。1/2026 年修正
© 1999-2026 Chinese Community Health Resource Center. Revised 1/2026

ADULT PREVENTIVE CARE GUIDELINES

SCREENING TEST		AGES 18	19-34	35 - 49	50 - 64	65+
Blood Pressure	Detect high blood pressure which may lead to stroke and/or heart disease	Beginning at age 18 at your physician's discretion				
Blood Sugar	Detect diabetes			Age 35-70 at your physician's discretion		
Height & Weight / BMI	Identify weight problems	Periodically				
Cholesterol	Detect risk of heart disease and stroke		Beginning at age 20 every 4-6 years			
Hearing	Identify hearing loss	At your physician's discretion				
Vision	Detect vision disorder			Comprehensive eye exam at age 40		Every 1-2 years
Mammography (women only)	Early detection of breast cancer	At your physician's discretion		Every other year at age 40		
Pap Smear (women only)	Early detection of cervical cancer		Every 3 years 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			Beginning at age 45 Every 5 years (Sigmoidoscopy) Every 10 years (Colonoscopy) <small>(recommended by American Cancer Society)</small>		
Fecal Occult Blood	Early detection of colorectal cancer			At your physician's discretion	Yearly <small>(recommended by American Cancer Society)</small>	
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 <small>(recommended by American Cancer Society)</small>			
IMMUNIZATIONS						
Tetanus; Diphtheria; Pertussis	Protect against Tetanus; Diphtheria; Pertussis	One dose Tdap; Td booster every 10 years				
Pneumococcal	Protect against pneumonia					PCV20: 1 dose or PCV15: 1 dose plus PPSV23: 1 dose later
Influenza	Protect against flu	Yearly				
Measles, Mumps, Rubella (MMR) <small>(for adults without evidence of immunity)</small>	Protect against MMR	1 or 2 doses				
Varicella <small>(for adults without evidence of immunity)</small>	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 <small>(age 50 or older)</small>	
HEALTH GUIDANCE						
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				

Sources: U.S. Preventive Services Task Force; American Academy of Ophthalmology; American Cancer Society; American Heart Association; U.S. Centers for Disease Control and Prevention; Recommended Adult Immunization Schedule; U.S. Department of Health and Human Services

華人社區健康資源中心編譯，1999-2026 年版權所有。1/2026 年修正
© 1999-2026 Chinese Community Health Resource Center. Revised 1/2026