

Preventing Infection

| Immunization | Frequency |
|---|--|
| <input type="checkbox"/> Diphtheria/Tetanus/Pertussis | Tetanus with pertussis booster is given once in adulthood. Tetanus/Diphtheria booster is given every 10 years. |
| <input type="checkbox"/> Influenza | Annually |
| <input type="checkbox"/> Hepatitis B | Individuals of any age whose behavior or job puts them at high risk for hepatitis B virus infection. |
| <input type="checkbox"/> Human Papilloma Virus (HPV) | One series of injections for girls and women between the ages of 9 to 26 to help prevent cervical cancer. |
| <input type="checkbox"/> Shingles | Once at age 60 or older |
| <input type="checkbox"/> Pneumococcal Pneumonia | Once, at age 65 (earlier if asthmatic, is a smoker, had a splenectomy or other risk factors). Revaccinate after age 65 if first dose received before age 65. |

Other Preventive Screenings

| | |
|---------------------------------------|---|
| <input type="checkbox"/> Bone Density | To evaluate for osteoporosis; baseline at age 65 or earlier for women at risk for osteoporotic fractures, or for men with risk factors. Thereafter, as physician instructs. |
|---------------------------------------|---|

Cardiovascular Health

| Risk Factors to Monitor | Desirable Value |
|--|---|
| Every two years, all adults | |
| <input type="checkbox"/> Blood Pressure | |
| <input type="checkbox"/> Obesity | Body Mass Index [‡] : Under 25 |
| <input type="checkbox"/> Physical Inactivity | 30 minutes exercise daily |
| <input type="checkbox"/> Smoking | |
| <input type="checkbox"/> Family History | [‡] A measure of goal weight for your height |

Every five years, all adults

| | |
|---|---|
| <input type="checkbox"/> Lipids/Cholesterol | Screening age varies based on personal and family histories and other risk factors. (Risk factors include hypertension, family history, coronary artery disease, diabetes and tobacco use.) Consult your physician. |
|---|---|

Every three years, starting at age 45 for all adults

(Test at an earlier age and more frequently if you have risk factors and/or a family history of diabetes.)

| | |
|---|--------------------------|
| <input type="checkbox"/> Diabetes (fasting glucose screen) | Blood Glucose: Under 100 |
|---|--------------------------|

One-time screening by ultrasound in males age 65–75 who have ever smoked

| | |
|---|--|
| <input type="checkbox"/> Abdominal Aortic Aneurysm (AAA) Screening* | Scans the abdomen for signs of aneurysm or weaknesses in the wall of the aorta, the main blood vessel that carries blood from the heart. |
|---|--|

Cancer: Early Detection and Prevention

- Colorectal Cancer*** **Colonoscopy:** Considered the “gold standard” test; allows physician to view colon when patient is sedated using a flexible fiber-optic tube. Recommended for all adults starting at age 50 and at regular intervals thereafter. For African-Americans, Hispanics and people with family history of colorectal cancer, test may be given at an earlier age.

Your physician may discuss other options available for colon cancer screening.

- Skin Cancer** Periodic visual exam by physician to identify a skin lesion or change in a mole; often caused by sustained exposure to sun causing burning/peeling.

For Women

- Breast Cancer*** **Breast Screening Mammogram:** The American Cancer Society (ACS) and US Preventive Services Task Force (USPSTF) both recommend that all women receive (ACS) or discuss (USPSTF) screening mammograms starting at age 40 and continue every year (ACS) or every other year (USPSTF) after age 50. Both ACS and USPSTF recommend that women at higher risk of breast cancer discuss beginning screening mammograms at a younger age with their physicians. Both also recommend that women age 75 and above discuss the potential benefits and harms of continuing screening mammograms with their physicians.

Clinical Breast Exam: Yearly, as part of a well-woman exam

- Cervical Cancer** **Pap Smear:** American Cancer Society recommends that women begin screening three years after start of sexual activity, but no later than 21. At age 30 and after three or more consecutive normal annual exams, the Pap test may be performed less frequently at the discretion of her physician. Pap smears are generally done at the time of a pelvic exam.

For Men

- Prostate Cancer** **Prostate Specific Antigen (PSA) and Digital Rectal Exam (DRE):** Medical opinion varies regarding routine screening. Men age 50+ should discuss PSA testing with their physicians. PSA test is a blood test that may be helpful in identifying cancer; the DRE allows physicians to probe the prostate for lumps or growths. PSA is tested at age 40 for African-American men or men with a family history of prostate cancer.

* Insurance coverage varies. Check with your health plan.

NOTES:
