



## Canyon View Medical Group Adult Health Maintenance Table

*The following are suggested guidelines for the healthy adult. They are based on different national and local recommendations. The best preventive care measure is to talk with your healthcare provider*

Age**	20's	30's	40's	50's	60's	70's	80's & older
<b>Screening*</b>	<i>Note Medicare does not pay for annual physical exam</i>						
Physical Exam <sup>1</sup>	X	X	X	X	X	X	X
Blood Pressure <sup>2</sup>	X	X	X	X	X	X	X
Pap Smear (females) <sup>3</sup>	X	X	X	X	X	X	X
Fasting Lipid Panel <sup>4</sup>	X	X	X	X	X	X	X
Mammogram <sup>5</sup>			X	X	X	X	X
Skin Cancer <sup>6</sup>			X	X	X	X	X
Fasting Blood Sugar <sup>7</sup>			X	X	X	X	X
Digital Rectal Exam & PSA lab test (men) <sup>8</sup>				X	X	X	X
Colonoscopy <sup>9</sup>				X	X	X	X
DEXA Scan <sup>10</sup>			X	X	X	X	X
Vaccinations	HPV, Tdap, Influenza	HPV, Tdap, Influenza	Tdap, Influenza	Tdap, Influenza	Tdap, Influenza, Pneumonia	Tdap, Influenza, Pneumonia	Tdap, Influenza, Pneumonia

*(Tdap=Tetanus-diphtheria acellular pertussis booster, HPV= Human papillomavirus: Females age 9-26 only)*

\*Check with your health plan coverage for preventive health visits & screening exams.

\*\*Discuss with your health care provider any family history of cancer, diabetes, high cholesterol, heart disease or other health risks, which may result in more frequent screening recommendations.

<sup>1</sup>Physical Exam- Initial exam at age 18-20 then every 1-3 years as recommended by your doctor until age 40, then annually. Exam helps to identify and treat health problems, minimize complications and improve quality of life.

<sup>2</sup>Blood Pressure- Checked by health care provider at physical exam and should be monitored at home. High Blood pressure is a risk factor for many diseases including kidney disease, stroke, heart disease, and blindness.

<sup>3</sup>Pap Smear- At onset of sexual activity or age 18 then every 1-3 years as directed by doctor. Helps in early detection of cervical cancer.

<sup>4</sup>Fasting Lipid Panel- Every 5 years starting at age 20. High cholesterol is a risk factor for developing heart disease such as a heart attack, stroke and other vascular diseases. Treatment early can decrease risk for development of these diseases.

<sup>5</sup>Mammogram-Annually for women age 40 and older. Mammogram is important for early detection of breast cancer.

<sup>6</sup>Skin Cancer- Annual clinical exam starting at age 40 with monthly self exams. If caught early, can minimize spread of disease.

<sup>7</sup>Fasting Blood Sugar- Every 3 years starting at age 45. High blood sugar may indicate Diabetes. If caught early and treated can minimize many of the disease complications associated with diabetes.

<sup>8</sup>Digital Rectal Exam & PSA lab test- Annually men 50 and older. Please discuss prostate cancer screening with provider.

<sup>9</sup>Colonoscopy- Every 10 years starting at age 50. Consider annual hemocult test by doctor. Important tests in detecting early signs of colon cancer.

<sup>10</sup>DEXA Scan- Every 2 years starting at menopause. Men with risk factors, consult your doctor. Measures bone density. Poor bone density can lead to fractures and complications.