

Recommendations for Adult Preventive Health Care

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

Screening*	Routine Screening Recommendations**	Rationale
Health Maintenance Exam	Initial exam at 18-20 then every 1-3 yrs per doctor until 40 then annually	Exam helps to identify and treat health problems, minimize complications and improve quality of life.
Blood pressure	Checked at physical exam and at least annually at home	High Blood pressure is a risk factor for many diseases including kidney, blindness, stroke, and heart disease.
Pap Smear (females)	At onset of sexual activity or age 21 and every 3 years	Early detection of cervical cancer
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.
Mammogram (females)	Annually for women age 40 and older	Mammogram is important for early detection of breast cancer
Skin Cancer	Annually clinical exam starting at age 40 with monthly self exams	Early detection of skin cancer and prevention of spreading.
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.
Digital Rectal exam & PSA (males)	Annually for men 50 or older	Early detection of prostate cancer
Colonoscopy	Every 10 years starting at age 50	Prevention & early detection of colon cancer
DEXA Scan	Every 2 years starting at menopause. Men with risk factors, consult your doctor	Measure bone density to detect osteoporosis & help in preventing fractures
Vaccinations:	<u>Human papillomavirus (HPV)</u> -3 doses females age 9-26 range. <u>Tetanus-diphtheria-boster</u> every 10 years. <u>Influenza</u> -annually. <u>Pneumonia</u> -initial at age 65	Prevent decrease spread of communicable diseases

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

**Discuss with you 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.