



Preventive Health Guidelines in Accordance with the United States Preventive Services Task Force

<u>AGE</u>	<u>SCREENING/IMMUNIZATION</u>	<u>SCHEDULE</u>
21 to 39 years old	Blood Pressure, Height, Weight, Obesity. Vaccination with MCV4 for those living in college dormitories and have not been previously vaccinated	At least once every five (5) years, or as advised by your PCP
	Cholesterol Screening - 20 years or older	Every five (5) years
	Cholesterol Screening - Male 35 years or older or if you have diabetes	Yearly
	Cholesterol Screening - if you have high cholesterol, high blood pressure, are a smoker and/or are overweight	Routinely, and/or advised by your PCP
	Statin Therapy for people with diabetes without heart disease but have other risk factors and are not able to achieve LDL goal < 100 mg/dL with lifestyle changes	As advised by your PCP
	Statin Therapy for people with diabetes and other risk factors (example; heart disease) to reach an LDL goal of 70mg/ dL	As advised by your PCP
	If Female: Mammogram	Once between the ages of 35-39 as a baseline
	If Female: Pap Smear	Yearly
	Flu Shot	Yearly if you have a high risk disease like asthma, diabetes or emphysema or become pregnant during the season.
	Pneumonia Vaccine	Every five (5) years if you have heart, liver and/ or kidney disease, diabetes or cancer.
40 to 64 years old	Blood Pressure, Height, Weight, Obesity	At least once every 2 years
	Cholesterol Screening - if male 35 years or older, female 45 years or older, or if you have diabetes	Yearly
	Cholesterol Screening - you have high cholesterol, high blood pressure, are a smoker and/or are overweight	Routinely, and/ or advised by your PCP
	Statin Therapy for people with diabetes and other risk factors (example; heart disease) to reach an LDL goal of 70 mg/dL	As advised by your PCP
	Statin Therapy for those persons with diabetes and no other risk factors with a total cholesterol equal to or greater than 135 mg/dL	As advised by your PCP
	If Female: Mammogram & Pap Smear	As advised by your PCP
	Osteoporosis Screening: if female 60 years or older	Routinely if you are at risk for fractures
	Flu Shot	Yearly if you have a high risk disease like asthma, diabetes or emphysema or become pregnant during the season.
	Pneumonia Vaccine	Every five (5) years if you have heart, liver and/ or kidney disease, diabetes or cancer.
	Stool for Hidden Blood - if you are 40 - 49 years old	Yearly if you have a family history of colon cancer
	Colonoscopy	Once every 10 years for routine screening, ordered more frequently by your PCP for those patients at very high risk: history of colorectal in first degree relative, history of familial polyposis or those with personal history of ulcerative colitis.
	Stool for Hidden Blood - if you are 50 years or older	Yearly



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AGE	SCREENING/IMMUNIZATION	SCHEDULE
65 years or older	Blood pressure, Height, Weight, Obesity, Flu Shot, Stool for Hidden Blood	Yearly
	Cholesterol Screening	Every five (5) years, yearly if you have diabetes
	Cholesterol Screening - if you have high cholesterol, high blood pressure, are a smoker and/ or are overweight	Routinely ,and/or as advised by your PCP
	Statin Therapy for people with diabetes and other risk factors (example; heart disease) to reach an LDL goal of 70 mg/dL	As advised by your PCP
	Statin Therapy for those persons with diabetes and no other risk factors with a total cholesterol equal to or greater than 135 mg/dL	As advised by your PCP
	If Female: Mammogram & Pap Smear	Yearly
	If Female: Osteoporosis	Routinely
	If Male: prostate exam with PSA test	Yearly, and/or as advised by your PCP
	Abdominal Aortic Aneurysm (AAA), abdominal ultrasound screening if male and are a smoker or has smoked in the past	One time screening, and/or as advised by your PCP
	Colonoscopy	Refer to frequencies provided for 40-64 year old age group
Pneumonia Vaccine	Once, and repeated every five (5) to ten (10) years as needed.	

The Preventive Health Guidelines are a general guide and are not intended to replace your doctor's judgement. Always speak with your physician to be sure you are getting the proper screenings and immunizations.

References: Clinical Preventive Services for Normal-Risk Adults Recommended by the US Preventive Services Task Force January 2005 Early and Periodic Screening, Diagnostic and Treatment (APSDT) Services according to the Advisory Committee on Immunization Practices (ACIP) 2005. Third Report on the National Education Program (NCEP) Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults, May 2001.

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