

Preventive Health Guidelines for Adults

YEARS OF AGE	21	25	30	35	40	45	50	55	60	65	70	75+
SCREENING												
Alcohol Use/Substance Abuse and Tobacco Use	First doctor visit. Discuss re-screening frequency with your doctor.											
Blood Pressure	At least every 2 years - more often if at risk.											
COLORECTAL (INTESTINE) CANCER	Discuss with your doctor which of the following tests work best for you:											
Fecal Occult Blood Test (FOBT), Sigmoidoscopy or Colonoscopy	Yearly Every 3 to 5 years Every 10 years											
Depression	First doctor visit. Discuss re-screening frequency with your doctor.											
Obesity (Height & Weight)	Yearly											
Tuberculosis	At risk only. Discuss with your doctor.											
Type 2 Diabetes	At risk only. Discuss with your doctor.											
Vision and Hearing	Discuss needs with your doctor.											
WOMEN												
Breast Cancer (Mammography)	Every 1 to 2 years											
Cervical Cancer (Pap Smear)	Every 1 to 3 years as recommended by your doctor.											
Chlamydia (an STD that can lead to infertility)	Yearly - All sexually active women, age 25 years and younger and other women at risk. Discuss with your doctor.											
Cholesterol	At least every 5 years											
Rubella blood test	For women of childbearing age.											
MEN												
Cholesterol	At least every 5 years											
IMMUNIZATIONS												
Influenza (Flu)	Yearly - At risk only. Discuss with your doctor.						Yearly					
Pneumococcal												Once
Tetanus-Diphtheria	Every 10 Years											
Varicella (Chicken Pox)	At risk only. Discuss with your doctor.											
COUNSELING - Your doctor can help you improve your health by providing advice on topics such as:												
Bicycle, motorcycle, skate board and ATV helmet use	Not using/Quitting tobacco				Unintended pregnancy							
Dental health	Regular physical activity				Household, recreational, and motor vehicle injuries							
Family planning	Risks and benefits of prostate cancer screening (men)				Parenting skills							
Healthy diet	Seat belt use				Stress management							
Menopausal health (women) including osteoporosis and heart disease	Sexually Transmitted Disease (STD) and HIV infection											

These recommendations are intended to be guidelines. In some cases, it may be necessary to tailor the recommendations to meet the needs of the patient and their individual situation.