

## Suggested Timeline for Adults (65+ Years)

The information below can help you stay healthy. You and your doctor may decide to do some of these more or less often.

See Your Doctor For:	When You Are:	How Often:
Blood Pressure Check	65 + years old	Every two years. More often, if at risk.
Obesity (Height, Weight, BMI)	65 + years old	Yearly
Alcohol/Substance Abuse and Tobacco Use	65 + years old	At first doctor visit. Talk to your doctor about when to be re-screened.
Depression	65 + years old	At first doctor visit. Talk to your doctor about when to be re-screened.
Vision and Hearing	65 + years old	Talk to your doctor about your needs.
Tuberculosis	65 + years old, if at risk	Talk to your doctor.
Type 2 Diabetes	65 + years old, if at risk	Talk to your doctor.
Colon and Rectal Cancer Screen  Stool blood check Sigmoidoscopy Colonoscopy	65 to 75 years old	Talk to your doctor, about the test that will work best for you. Yearly Every three to five years Every ten years
Syphilis Screen	At risk	Talk to your doctor about your needs.
HIV Screen	At risk	Talk to your doctor about your needs.
<b>For Women</b>		
Cholesterol	65+ years old	At least every five years.
Breast Cancer Screen: Mammogram and Breast Exam by the Doctor	65 + years old	Every one to two years, or as advised by your doctor.
Chlamydia Screen (Sexually Transmitted Disease)	65+ years old, if at risk	Yearly, if high risk
Osteoporosis Screen	65 + years old	Talk to your doctor.
<b>For Men</b>		

Cholesterol	65+ years old	At least every five years.
Abdominal Aortic Aneurysm (AAA) Screening	65 to 75 years who have ever smoked	Once
Coronary Heart Disease Assessment	65 to 79 years old without a history of coronary heart disease or stroke	
<b>Immunizations</b>		
Varicella (Chicken Pox)	At risk only, not previously vaccinated or have had no history of Chicken Pox	Talk to your doctor.
Measles, Mumps, Rubella	65 + if at risk	Once
Pneumococcal	65 + years old	Once
Diphtheria Tetanus Booster	65 + years old	Every ten years
Influenza Vaccine (Flu Shot)	65 + years old	Yearly
Zoster	65 + years old	Once
Hepatitis A	At risk	Once
Hepatitis B	At risk	Once
Meningococcal	At risk	Talk to your doctor.
<b>Ask Your Doctor About</b>		
Not Using or Quitting Tobacco	Healthy diet	Menopausal health for women
Regular Physical Activity	Seat belt use	Risks and benefits of prostate cancer screening for men
Dental health	Sexually Transmitted Disease and HIV infection	

Sources:

- Report of the U.S. Preventive Services Task Force, “Guide to Clinical Preventive Services”, 2009;
- MMWR, “Recommended Adult Immunization Schedule – United States, 2010”, January 9, 2009, Vol. 57, No 53.

\* Printed copies of information posted on our website are available upon request.