

Health Maintenance Guidelines for Adults

Please Note

The following guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience.

You and your physician should work together to develop a specific preventive health screening plan for you.

Some tests and vaccinations may not be covered by Medicare or by your health insurance plan, so it's important to check on your specific coverage before obtaining them.

Adult Screening Guidelines

Breast Cancer Screening

Mammography

For women ages 40 and over

Frequency – Annually

Physician Breast Exam

For women ages 40 and over

Frequency – Annually

Breast Self-Exams (after instruction)

For women ages 20 and over

Frequency – Monthly

Cervical Cancer Screening

Pap Smear/Human Papilloma Virus (HPV) Testing

For women ages 21 to 65, or starting 3 years after the onset of sexual activity

Frequency – Annual Pap test without HPV test up to age 30; Pap test with HPV test every 3 years after age 30

(Screening Paps are not required after hysterectomy unless surgery was performed for cancer or precancerous disease)

Cholesterol Screening

Lipid Panel, including LDL

For all men and women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk

Frequency – Every 5 years, or more frequently based on results and risk profile

Colorectal Cancer Screening

For men and women ages 50 to 75 (in certain situations, it also may be advisable from ages 75 to 85)

Screening Colonoscopy

Frequency – Every 10 years (preferred), OR

High Sensitivity Stool Occult Blood Testing

Frequency – Annual Screening, OR

Flexible Sigmoidoscopy

Frequency – Every 5 years, with high sensitivity stool occult blood testing every 3 years

Diabetes Screening

Fasting Plasma Glucose (preferred) or Random Plasma Glucose

For men and women ages 45 and over

Frequency – Every 3 years

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Education and Counseling

For all adults

- Smoking Cessation
- Alcohol and Drug Abuse Prevention
- Seat Belt Safety
- Safe Sex Practices
- Nutrition and Exercise
- Firearm Safety

For women entering, during and after menopause

- Hormone Replacement Counseling
- Osteoporosis Prevention

Adult Screening Guidelines CONTINUED

Hypertension Screening

Blood Pressure Measurement

For all men and women, regardless of age

Frequency – Every 1-2 years

Osteoporosis Screening

DXA (bone-density testing)

For women ages 65 and over, or starting at menopause if additional risk factors exist

Frequency – Baseline testing, with follow-up interval based on test results

Prostate Cancer Screening

Digital rectal exam (DRE) and prostate specific antigen (PSA) test/discussion with physician

For men 50 and over (starting at age 40 for African-Americans)

Frequency – Annually

Sexually Transmitted Disease Screening

Chlamydia testing

For sexually active females under age 25 or for those at risk (your physician can advise you on your risk)

Frequency – Annually, with Pap test

Adult Immunization Guidelines

Human Papilloma Virus (HPV) Vaccine (Gardasil—for Cervical Cancer)

For all females between ages 11 and 26

Frequency – One series of 3 vaccines

Diphtheria/Tetanus/Pertussis Vaccine

For men and women ages 19 to 64

Frequency – One time in place of the Diphtheria/Tetanus Booster

Influenza (Flu) Vaccine

For high-risk adults of any age with diabetes or heart, lung, kidney or immune disease

Frequency – Annually

For all adults ages 50 and over

Frequency – Annually

For any adult desiring immunization, regardless of age

Frequency – Annually

Diphtheria/Tetanus Vaccine

For men and women up to age 65

Frequency – Every 10 years

For men and women 65 or over

Frequency – Single vaccination only

Varicella Zoster Vaccine (for Shingles)

For adults ages 60 and older

Frequency – Single vaccination; no revaccination required

Pneumococcal Vaccine (for Pneumonia)

For adults ages 65 and over who are at average risk

Frequency – Initial vaccination; no revaccination required

For high-risk adults of any age with diabetes, cancer, or heart, lung, or immune disease

Frequency – Initial vaccination, with single revaccination 5 years later

Other vaccines that you may need:

Hepatitis A

Hepatitis B

Meningococcal (Meningitis)