



# Health Maintenance Guidelines for Adults



### **Customize your plan:**

These 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.

For additional national guidelines, visit [www.nhlbi.nih.gov/guidelines](http://www.nhlbi.nih.gov/guidelines); or [www.ahrq.gov/clinic/uspstfix.htm](http://www.ahrq.gov/clinic/uspstfix.htm)

### **Add education and counseling:**

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

Also, for women entering, during and after menopause:

- Hormone Replacement Counseling
- Osteoporosis Prevention

### **Check your coverage:**

Some tests and vaccinations may not be covered by Medicare or by your health insurance plan. Check on your specific coverage before obtaining them.

**Screening Guidelines may need to be adjusted based on your family history.**

For more information, please contact the Cleveland Clinic Center for Consumer Health Information at **216.444.3771**, or visit **[clevelandclinic.org/health](http://clevelandclinic.org/health)**

# Adult Screening Guidelines

SCREENING/TEST	WHO	FREQUENCY
<b>Abdominal Aortic Aneurysm Screening</b>		
	Men who have ever smoked between the ages of 65 to 75.	One-time screening
<b>Breast Cancer Screening</b>		
Physician Breast Exam	For women ages 40 and over	Annually
Mammography	For women ages 40 and over	Annually Discuss risk factors and family history with your doctor
<b>Cervical Cancer Screening</b>		
Pap Smear/Human Papilloma Virus (HPV) Testing	For women ages 21 to 65	Pap test without HPV test every 2 years 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)
<b>Cholesterol Screening</b>		
Lipid Panel, including LDL	For all men and women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk	Every 5 years or more frequently, based on results and risk profile
<b>Colorectal Cancer Screening</b>		
Screening Colonoscopy	For men and women ages 50 to 75 ( and in some cases, 75 to 85); or age 40 or younger when there is a strong family history in a first-degree relative )	Every 10 years (preferred)
High Sensitivity Stool Occult Blood Testing		Annual Screening
Flexible Sigmoidoscopy		Every 5 years, with high sensitivity stool occult blood testing every 3 years

SCREENING/TEST	WHO	FREQUENCY
<b>Diabetes Risk Assessment</b>		
<b>Fasting Plasma Glucose or Hemoglobin A1C</b>	For men and women ages 45 and over	Every 3 years
	BMI greater than 25 with at least one risk factor	Every 3 years
<b>HIV Screening</b>		
One-time screening. Follow-up tests based on discussion of individual risk with your doctor.		
<b>Hypertension Screening</b>		
<b>Blood Pressure Measurement</b>	For all men and women, regardless of age	Every 1-2 years
<b>Lung Cancer Screening</b>		
<b>Low-Dose CT Lung Screening</b>	For men and women between the ages of 55 and 74 who have smoked at least one pack a day for 30 years or more or two packs a day for 15 years. This applies if they have quit smoking less than 15 years ago	One-time screening
<b>Osteoporosis Screening</b>		
<b>DXA (bone-density testing)</b>	For women ages 65 and over, or starting at menopause if additional risk factors exist	Baseline testing, with follow-up interval based on test results
<b>Prostate Cancer Screening</b>		
Discuss with your physician		
<b>Sexually Transmitted Disease Screening</b>		
<b>Routine Chlamydia Screening</b>	For women through age 25 who are sexually active, and women over 25 who are at increased risk	Annually

# Adult Immunization Guidelines

VACCINATION	WHO	FREQUENCY
<b>Human Papilloma Virus (HPV) Vaccine (Gardasil® and Cervarix®) for the prevention of genital warts plus cervical and other HPV-related cancers</b>	For all females between ages 11 and 26, all males between ages 11 and 21, and some males up to age 26	One series of 3 shots
<b>Influenza (Flu) Vaccine</b>	All those 6 months and older	Annually
	Particularly important for high-risk adults of any age with diabetes or heart, lung, kidney or immune disease; pregnant women; and those in contact with high risk patients or who care for infants less than 6 months old	Annually
<b>Pneumococcal Vaccine (for Pneumonia)</b>	For adults ages 65 and over who are at average risk	Initial vaccination; no revaccination required
	For smokers, and other high-risk adults of any age with diabetes, cancer, or heart, lung or immune disease	Initial vaccination, with single revaccination 5 years later
<b>Diphtheria/Tetanus/Pertussis Vaccine</b>	For men and women ages 19 and older	One time in place of the Diphtheria/Tetanus Booster
<b>Diphtheria/Tetanus Vaccine</b>	For men and women up to age 65	Every 10 years
	For men and women 65 or over	Single vaccination only
<b>Varicella Zoster Vaccine (for Shingles)</b>	For adults ages 50 and older	Single vaccination; no revaccination required

**Other vaccines that you may need:**

- Hepatitis A**
- Hepatitis B**
- Meningococcal (Meningitis)**

# Cleveland Clinic Primary Care Locations

Call today for an appointment today:  
216.444.CARE (2273)

## Cleveland Clinic Main Campus

Internal Medicine\*  
Ob/Gyn & Women's Health  
Center for Specialized Women's Health

## Cleveland Clinic Community Hospitals

Fairview Hospital\*  
Hillcrest Hospital\*  
Medina Hospital\*

## Cleveland Clinic Family Health Centers

Avon Pointe  
Avon Lake  
Beachwood\*  
Broadview Heights  
Brunswick\*  
Chagrin Falls\*  
Elyria  
Independence\*  
Lakewood  
Lorain

Medina Medical Office Building  
Richard E. Jacobs Health Center\* (Avon)  
Solon\*  
Stephanie Tubbs Jones Health Center  
(East Cleveland)  
Strongsville\*  
Twinsburg\*  
Willoughby Hills\*  
Wooster

## Additional Family Medicine Locations

Brook Park  
Cleveland  
Garfield Heights  
Independence  
Lakewood  
Madison (coming soon)  
Rocky River  
Valley City

## Additional Internal Medicine Locations

Cleveland Heights  
Garfield Heights  
Mayfield Heights  
Mentor (coming soon)  
North Olmsted  
Warrensville Heights  
Westlake

For more information about Primary Care services,  
visit us at [clevelandclinic.org](http://clevelandclinic.org).