



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; or 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.

For more information, please contact the Cleveland Clinic Center for Consumer Health Information at **216.444.3054**, or visit **clevelandclinic.org/health**

Adult Screening Guidelines

SCREENING/TEST	WHO	FREQUENCY
Breast Cancer Screening		
Physician Breast Exam	For women ages 40 and over	Annually
Mammography	For women ages 40 and over	Annually Frequency for women between 40 and 49 may be decreased to every 2 years Discuss risk factors and family history with your doctor
Breast Self-Exams (after instruction)	For women ages 20 and over	Monthly
Cervical Cancer Screening		
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)
Chlamydia Testing		
	For sexually active females under age 25 or for those at risk (your physician can advise you on your risk)	Annually
Cholesterol Screening		
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

SCREENING/TEST	WHO	FREQUENCY
Colorectal Cancer Screening		
Screening Colonoscopy	For men and women ages 50 to 75 (in certain situations, it also may be advisable from ages 75 to 85)	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
Diabetes Screening		
Fasting Plasma Glucose (preferred), Random Plasma Glucose or Hemoglobin A1C	For men and women ages 45 and over	Every 3 years
	BMI greater than 25 with at least one risk factor	Every 3 years
HIV Screening		
One-time screening. Follow-up tests based on discussion of individual risk with your doctor.		
Hypertension Screening		
Blood Pressure Measurement	For all men and women, regardless of age	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	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)	Annually

Adult Immunization Guidelines

VACCINATION	WHO	FREQUENCY
Human Papilloma Virus (HPV) Vaccine (Gardasil – for Cervical Cancer)	For all females between ages 11 and 26	One series of 3 vaccines
Influenza (Flu) Vaccine	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
Pneumococcal Vaccine (for Pneumonia)	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
Diphtheria/Tetanus/Pertussis Vaccine	For men and women ages 19 to 64	One time in place of the Diphtheria/Tetanus Booster
Diphtheria/Tetanus Vaccine	For men and women up to age 65	Every 10 years
	For men and women 65 or over	Single vaccination only
Varicella Zoster Vaccine (for Shingles)	For adults ages 60 and older	Single vaccination; no revaccination required

Other vaccines that you may need:

Hepatitis A

Hepatitis B

Meningococcal (Meningitis)



Cleveland Clinic Primary Care

Family Health Centers

Avon	440.899.5555
Avon Lake	440.930.6800
Beachwood	216.839.3000
Broadview Heights	216.986.4000
Brunswick	330.225.8886
Chagrin Falls	440.893.9393
Elyria	440.366.9444
Independence	216.986.4000
Lakewood	216.521.4400
Lorain	440.204.7400
Solon	440.519.6800
Strongsville	440.878.2500
Twinsburg Medical Offices	330.888.4000
Westlake	440.899.5555
Willoughby Hills	440.943.2500
Wooster	330.287.4500

Main Campus

Internal Medicine	216.444.5665
Family Medicine	216.445.8915

For more information about the Family Health Centers, visit us at clevelandclinic.org/fhc



Cleveland Clinic

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