

# RECOMMENDATIONS FOR ROUTINE PREVENTIVE CARE

THERE ARE SPECIFIC PREVENTIVE CARE RECOMMENDATIONS FOR DIFFERENT STAGES IN YOUR LIFE.

These recommendations are intended for healthy people and may be modified depending on your personal or family health history.

**Discuss your individual needs with your healthcare provider.**

AGE 18-39	AGE 40-64	AGE 65 AND OLDER
<p><b>CHOLESTEROL</b>   Every 5 years</p> <p><b>BREAST EXAM</b>   Every 3 years beginning at age 20</p> <p><b>PAP SMEAR</b>   Begin screening by age 21 or 3 years after first intercourse</p> <p>Women up to age 30 should receive yearly screenings</p> <p>Women age 30 or greater with normal PAP and negative HPV should have a PAP test every 3 years</p> <p><b>TOBACCO USE</b>   If you are using tobacco, talk to your healthcare provider about how to stop</p> <p><b>VACCINATIONS</b></p> <p><b>INFLUENZA</b></p> <ul style="list-style-type: none"> <li>- Yearly</li> </ul> <p><b>TETANUS BOOSTER</b></p> <ul style="list-style-type: none"> <li>- Every 10 years</li> </ul> <p><b>HEPATITIS B</b></p> <ul style="list-style-type: none"> <li>- All young adults not previously immunized</li> <li>- All 18 years and younger</li> <li>- All adults over the age of 18 at risk</li> </ul> <p><b>HUMAN PAPILLOMA VIRUS</b></p> <ul style="list-style-type: none"> <li>- 3 dose series beginning at age 9 to age 26</li> </ul> <p><b>MENINGOCOCCAL (MENINGITIS)</b></p> <ul style="list-style-type: none"> <li>- All young adults not previously immunized</li> <li>- All 11-18 years</li> </ul>	<p><b>CHOLESTEROL</b>   Every 5 years</p> <p><b>BREAST EXAM</b>   Yearly</p> <p><b>MAMMOGRAM</b>   Baseline test at age 40, then every 1 to 2 years to age 50. Yearly age 50 and over</p> <p><b>PAP SMEAR</b>   Women age 30 or greater with normal PAP and negative HPV should have a PAP test every 3 years</p> <p><b>TOBACCO USE</b>   If you are using tobacco, talk to your healthcare provider about how to stop</p> <p><b>COLONOSCOPY</b>   Every 10 years age 50 to age 75</p> <p><b>OR</b></p> <p><b>STOOL SCREENING FOR COLON CANCER</b>   Yearly age 50 to age 75, plus Flexible Sigmoidoscopy every 5 years if stool screening is negative</p> <p><b>VACCINATIONS</b></p> <p><b>INFLUENZA</b></p> <ul style="list-style-type: none"> <li>- Yearly</li> </ul> <p><b>PNEUMOCOCCAL</b></p> <ul style="list-style-type: none"> <li>- All adults in risk categories</li> </ul> <p><b>TETANUS BOOSTER</b></p> <ul style="list-style-type: none"> <li>- Every 10 years</li> </ul> <p><b>HEPATITIS B</b></p> <ul style="list-style-type: none"> <li>- All adults not previously immunized</li> <li>- All adults over the age of 18 at risk</li> </ul> <p><b>HERPES ZOSTER (SHINGLES)</b></p> <ul style="list-style-type: none"> <li>- One dose for adults over the age of 60</li> </ul>	<p><b>CHOLESTEROL</b>   Every 5 years</p> <p><b>BREAST EXAM</b>   Yearly</p> <p><b>MAMMOGRAM</b>   Yearly</p> <p><b>PAP SMEAR</b>   Women age 30 or greater with normal PAP and negative HPV should have a PAP test every 3 years; after age 70, if 3 normal PAPs and no other risk factors, may discontinue cervical cancer screening</p> <p><b>TOBACCO USE</b>   If you are using tobacco, talk to your healthcare provider about how to stop</p> <p><b>COLONOSCOPY</b>   Every 10 years age 50 to age 75</p> <p><b>OR</b></p> <p><b>STOOL SCREENING FOR COLON CANCER</b>   Yearly age 50 to age 75, plus Flexible Sigmoidoscopy every 5 years if stool screening is negative</p> <p><b>VACCINATIONS</b></p> <p><b>INFLUENZA</b></p> <ul style="list-style-type: none"> <li>- Yearly</li> </ul> <p><b>PNEUMOCOCCAL</b></p> <ul style="list-style-type: none"> <li>- Once after age 64</li> <li>- All adults in risk categories</li> <li>- Second dose recommended for those who received first dose before age 65 (if 5 years since first dose)</li> </ul> <p><b>TETANUS BOOSTER</b></p> <ul style="list-style-type: none"> <li>- Every 10 years</li> </ul> <p><b>HEPATITIS B</b></p> <ul style="list-style-type: none"> <li>- All adults not previously immunized</li> <li>- All adults over the age of 18 at risk</li> </ul> <p><b>HERPES ZOSTER (SHINGLES)</b></p> <ul style="list-style-type: none"> <li>- One dose for adults over the age of 60</li> </ul>

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Preventive care is the care you and your family receive when your healthcare provider assesses your health risks and provides health education counseling, screening tests, and immunizations. Preventive care is aimed at keeping you and your family healthy and identifying problems while they are easier to treat.

