

There are specific preventive care recommendations for different stages in your life.

Adult Preventive Care

"I'm so grateful I got my screening early. When I found out I was at risk for colon cancer, it was a wake-up call. Catching it early saved me so much worry, and knowing I was taking charge of my health gave me peace of mind. Preventive screenings truly make all the difference!"

— Emily J., 52



CANCER SCREENINGS

- Breast:** Mammogram (40-74+ years, every 1-2 years)
- Cervical:** Pap smear (21-29 every 3 years, 30-65 every 5 years)
- Colon:** Screening (45-75, options vary)
- Lung:** CT scan (50-80 with smoking history)
- Prostate:** Discuss PSA (50-70 years)
- Skin:** Regular self-exams and clinical checks

DISEASE RISK ASSESSMENTS

- Cardiovascular:** Regular checks
- Cholesterol:** Every 4-6 years
- Diabetes:** Every 3 years (40-70, overweight/obese)
- Hypertension:** Regular checks
- Obesity:** BMI check
- Osteoporosis:** Bone density (65+ women)
- Sexual Health:** Routine STI screenings
- Tobacco:** Routine screenings and cessation support
- Substance Use:** Routine screenings
- Urinary Incontinence:** Routine checks, especially women

VACCINATIONS

Talk to your doctor about recommended vaccines for adults.

Stay up to date on these important vaccines:

- COVID-19**
- Influenza** - every year
- Tetanus** - every 10 years
- Pneumonia** - age 50+
- Shingles** - age 50+
- RSV** - recommended for high-risk adults ages 50-74 and all adults 75+

Make sure you've completed your series of:

- MMR** (Measles, Mumps, Rubella)
- Hepatitis A & B**
- HPV** (Human Papillomavirus)
- Meningitis**
- Varicella** (Chickenpox)

Preventive care helps you take control of your health. Your clinician will assess your risk factors and provide personalized education, screenings, and immunizations—when you need them. These recommendations are general guidelines for individuals at average risk, so it's important to talk to your primary care provider about what's right for you. By staying proactive, you can prevent potential health issues and maintain your wellbeing for the future.

Learn more:



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