

# PREVENTIVE CARE FOR AGES 40 to 65 YEARS

*Preventive Services for Adults*

Schedule of Visits: There is none prescribed for this age group. The Preventive Health Guidelines define a minimum schedule for healthy low-risk individuals. High-risk populations may benefit from more frequent screening, risk assessments and counseling.

Screening	Risk Assessment & Counseling	Immunizations
<ul style="list-style-type: none"> <li>◆ <b>Every Visit</b> <ul style="list-style-type: none"> <li>✓ Physical exam</li> <li>✓ Height, weight, BMI<sup>15</sup></li> <li>✓ Blood pressure</li> </ul> </li>   <li>◆ <b>Additional</b> <ul style="list-style-type: none"> <li>✓ PPD <i>Every other year if at risk<sup>2</sup></i></li> <li>✓ Cholesterol test<sup>16</sup></li> <li>✓ STD screening <i>Based on risk<sup>17</sup></i></li> <li>✓ Colorectal Cancer screening <i>Ages 50 to 65<sup>22</sup></i></li> <li>✓ Diabetes Screening <i>Fasting plasma glucose or capillary blood glucose if at risk<sup>20</sup></i></li> </ul> </li>   <li>◆ <b>Females</b> <ul style="list-style-type: none"> <li>✓ Pelvic exam</li> <li>✓ Pap smear <i>Annually; less frequently after consecutive annual normal results, if low risk</i></li> <li>✓ Mammogram <i>Ages 40 and over; every 1 to 2 years Risk/benefit analysis</i></li> </ul> </li>   <li>◆ <b>Males</b> <ul style="list-style-type: none"> <li>✓ Prostate Cancer screening <i>Based on individual risk/benefit analysis</i></li> </ul> </li>   <li>◆ <b>Depression</b></li> </ul>	<ul style="list-style-type: none"> <li>◆ <b>Nutrition</b> <ul style="list-style-type: none"> <li>✓ Limit dietary fat</li> <li>✓ Calcium</li> </ul> </li>   <li>◆ <b>Injury Prevention<sup>4</sup></b> <ul style="list-style-type: none"> <li>✓ Seat belt use</li> <li>✓ Helmet use on cycles</li> </ul> </li>   <li>◆ <b>Physical Activity</b></li>   <li>◆ <b>Substance Use/Abuse</b> <ul style="list-style-type: none"> <li>✓ Tobacco, alcohol, Drugs</li> <li>✓ Driving under the influence</li> </ul> </li>   <li>◆ <b>Domestic Violence-Partner Abuse</b></li>   <li>◆ <b>Sexuality, Safe Sex Practices, Family Planning, Preconception Counseling</b></li>   <li>◆ <b>Cardiovascular and Cancer Risks</b></li>   <li>◆ <b>Menopausal Issues, including HRT</b></li>   <li>◆ <b>Advanced Directives<sup>23</sup></b></li> </ul>	<ul style="list-style-type: none"> <li>◆ <b>All Adults</b> <ul style="list-style-type: none"> <li>✓ Hepatitis B <i>3-dose series if at high risk<sup>5</sup></i></li> <li>✓ Td Booster <i>Every 10 years</i></li> <li>✓ Varicella vaccine <i>If no evidence of immunity<sup>10</sup></i></li> </ul> </li>   <li>◆ <b>High Risk Adults</b> <ul style="list-style-type: none"> <li>✓ Rubella <i>For women of childbearing who lack proof of immunity</i></li> <li>✓ Hepatitis A<sup>21</sup></li> <li>✓ Influenza vaccine <i>Annually<sup>12</sup></i></li> <li>✓ Pneumococcal vaccine <i>If not previously immunized<sup>11</sup></i></li> <li>✓ Meningococcal vaccine<sup>14</sup></li> </ul> </li> </ul>