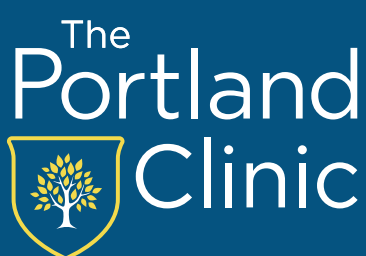


# Preventative Health Care Guidelines



TYPE OF EXAM	18-39	40-49	50-64	65+
Preventive Health Visit	Baseline after age 18, then frequency determined by health status			Annually
Blood Pressure	Every visit			
Eye Exam	If indicated	Baseline at age 40, then periodic eye exams as indicated		Every 1-2 years
PAP	Age 21-29, every three years	Age 30-65, PAP every 3 years, or PAP with HPV testing every 3-5 years		If indicated
<b>TESTS</b>				
Diabetes Screening	If BMI is greater than 25, Blood Pressure is greater 135/80 or any other risk factors, screening at least every 3 years			
Cholesterol	Screen at age 20, then every 4-6 years. Check annually if elevated or being treated			
Colon Cancer Screening	If indicated		Start at age 50, then at recommended intervals based on type of screening. Age 75 and over you should discuss risks and benefits with your provider	
Hepatitis C	One time for those born 1945-65 or with any risk factors			
PSA	Not indicated		Age 55-69 discuss risks and benefits with your provider	Age 70 and older not recommended
Chlamydia and Gonorrhea	Annually in sexually active females younger than age 25; 25 and older if you have a new partner or other risk factors; at least annually in males who have sex with males			
Sexually Transmitted Infection Screening	In pregnant women; annually in males who have sex with males or if indicated for other risk factors			
<b>IMAGING</b>				
Mammography	Not indicated for screening	Discuss with provider	Every 1-2 years for ages 50-74, greater than 74, discuss with provider	
Bone Density	Not indicated for screening		Screening if risk factors	Women 65 and older, men based on risk factors
Lung Cancer Screening	Not indicated for screening		Discuss low-dose CT scan for individuals age 55-80 with 30 pack-year smoking history	
Abdominal Ultrasound for AAA	Not indicated for screening			One-time screening for men age 65-75 if ever smoked
<b>IMMUNIZATIONS</b>				
Td/Tdap	Tdap at least once, then Td every 10 years			
Pneumonia	Pneumovax if indicated		Discuss schedule with provider, Pevnar at 65, Pneumovax 12 months later	
Flu	Annually			
Shingles	If indicated		Two doses 2-6 months apart after age 50	
<b>COUNSELING</b>				
Tobacco, Drug/Alcohol, Mental Health, Domestic Violence and/or Sexual Concerns	Discuss with provider			



THEPORTLANDCLINIC.COM

## SOURCES

American Diabetes Association – [www.diabetes.org](http://www.diabetes.org)  
 The American Diabetes Association  
 Annals of Internal Medicine  
 American Congress of Obstetricians and Gynecologists – [www.acog.org](http://www.acog.org)  
 US Preventive Services Task Force  
 Recommendations for Periodic Health Exams – [www.ahcpr.gov/clinic/uspstfix.htm](http://www.ahcpr.gov/clinic/uspstfix.htm)  
 American Urologic Society

Updated September 2018