

PREVENTIVE MEDICINE RECOMMENDATIONS

Test	What does the test screen for or prevent	Frequency
Pap Smear	Screens for cervical cancer	21-65, every 3 years 30-65 with HPV screening is every 5 years
Pelvic Exam Women	Screens for gynecological cancer or other conditions	Every 3 years
Breast Exam Women	Screens for Breast Cancer or other conditions	Every 3 years
Mammogram Women	Screens for breast cancer or other conditions	Women older than 50yrs every 2 years
Bone Density	Screens for Osteoporosis	For women older than 65 years every 5 Years
BRCA for Breast Cancer	Screens for Breast Cancer	For women that have family history of breast cancer. Screening is 1 time only
Chlamydia/ Gonorrhea	Screening for STDs	People 24 years and older unless sexually active prior, screening varies
Abdominal Ultrasound	Screens for Aortic Aneurism	For men older than 65 years who have ever smoked 1 time only
FOBT Fecal Occult Blood Test	Screens for Colon Cancer	For people older than 50 years old, yearly screening
Colonoscopy Men and Women	Screens for Colon cancer	Age 50-75, every 3, 5, or 10 years
Cholesterol Check	Screens for Coronary Disease	Every 5 years if normal, once a year if abnormal
Diabetes Check/ Screening	Screens for Diabetes	Every 3 Years
Thyroid Check	Screens for Thyroid Disease	People older than 35 years, yearly screening
Flu Shot or Influenza Shot	Prevents Flu/ Influenza	Yearly
Pneumonia Shot	Prevents Pneumonia	Adults 65 and older or people who have asplenia, liver disease, diabetes, COPD, or kidney disease. Vaccine is 1 time only
Zoster (Shingles) Vaccine	Prevents Shingles/ Herpes Zoster	Adults 60 and older or people who have asplenia, liver disease, diabetes, COPD, or kidney disease. Vaccine is 1 time only
Aspirin 81mg Daily	Prevents Heart Attack and Stroke	For both men and women. Regimen is daily
DTAP or Tetanus	Prevents Tetanus	For all people every 10 Years
MMR	Vaccinates against measles, mumps, and rubella	Ages 19-55 or anyone who has kidney disease, COPD, asplenia, liver disease, diabetes, or HIV. Vaccine is 1 time only
Fall Risk	Screens for potential fall risk in patients.	For people ages 65 and older and consists of exercise, physical therapy, and vitamin D supplementation. Screening is yearly
Folic Acid Supplement	Helps prevent congenital neurological defects in newborns	For Women. 400-800 mcg daily
Hepatitis C Screening	Screens for Hepatitis C	1 time
HIV Screening	Screens for HIV in high risk adults	People born between the years of 1945-1965 should be screened. Varies
LDCT of Chest for Lung Cancer	Screens for lung cancer	For adults 55-80 with 30 years of smoking or have quit smoking in the past 15 years. Yearly

IF YOU ARE DIABETIC YOU ALSO NEED:

Test/ Evaluation/ Medication	What does the test screen for or prevent	Frequency
Foot exam with Podiatrist	Foot lesions, prevents eventual amputation	Yearly
Filament Test	Nerve damage due to diabetes, prevents eventual amputation	Yearly
Eye Doctor Exam (Ophthalmologist) with dilation of pupils	Eye damage from diabetes, prevents loss of vision due to diabetes	Yearly
Urine test for protein analysis (microalbumin/ creatinine)	Kidney damage from diabetes	Yearly
Fasting Lipids	Cholesterol levels, prevents coronary disease	Yearly
Hemoglobin A1C	Blood Sugar levels in the past 3 months, blood sugar control	Every 6 Months
Baby aspirin every day	Prevents heart attacks and strokes	daily

If you have not had these tests/ vaccines done, please contact our office or you primary care physician's office for scheduling.

* Remember to use sun screen, seatbelts and helmets, practice protected sex, exercise daily and reduce the amount of carbohydrates and caffeine use. Contact our office if you decide to discontinue tobacco use, we can help you