## Adult screenings and immunizations



## **General screening guidelines**

Heart disease and cancer are the two leading causes of death in the United States, and the risks of developing a significant health condition rise significantly with age.

Your family health history can also make you predisposed to certain diseases. So it's important to understand your risk factors and receive appropriate screenings to head off potential problems when they are most treatable. Early detection could save your life.

Recommended tests are based on your age, gender and overall risk factors. The guidelines here are a general reference only. Always discuss your particular health care needs with your physician.

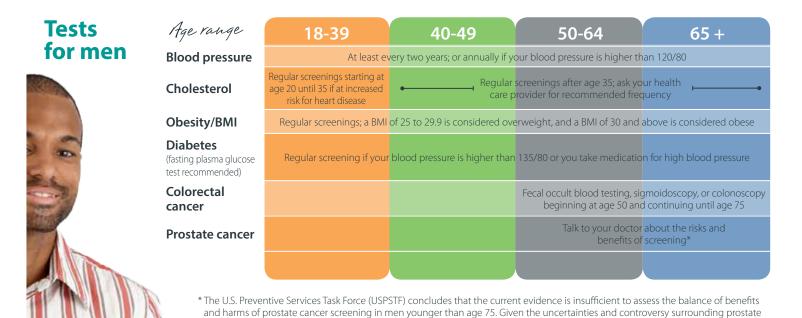
## Tests for women



Age range	18-39	40-49	50-64	65 +
Mammogram*		Discuss with your doctor or nurse		e 74; talk to your health care or screening after age 74
Cervical cancer (Pelvic exam/pap smear)	At least every three years after age 21 or if you have been sexually active for three years	•———— At least ever	y three years ••••	Ask your health care provider if you need testing
Bone mineral density (osteoporosis)			Ask your health care provider if you are at risk for osteoporosis	Receive test after age 65; talk to your health care provider about repeat testing
Blood pressure	At least every two years; or annually if your blood pressure is higher than 120/80			
Cholesterol	Regular screenings starting at age 20 until 45 if at increased risk for heart disease	Regular care p	screenings after age 45; ask yo rovider for recommended frec	ur health
Obesity/BMI	Regular screenings; a BMI	of 25 to 29.9 is considered ove	erweight, and a BMI of 30 and	above is considered obese
<b>Diabetes</b> (fasting plasma glucose test recommended)	Regular screening if your	blood pressure is higher than	135/80 or you take medicatio	n for high blood pressure
Colorectal cancer				gmoidoscopy, or colonoscopy d continuing until age 75

<sup>\*</sup> The U.S. Preventive Services Task Force (USPSTF) concludes that the current evidence is insufficient to assess the additional benefits and harms of clinical breast examination (CBE) beyond screening mammography in women age 40 and older.

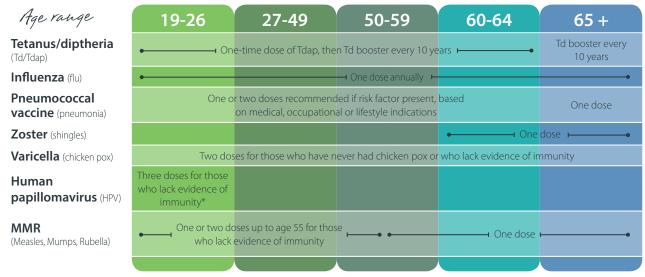




## **Immunization guidelines**

Vaccinations work to help your body learn to fight off disease and build immunity to future exposure. Traditional vaccines mimic a natural infection by introducing dead or weakened versions of the germs that trigger a specific illness. Your immune system can clear these germs from your body, without experiencing common symptoms and complications, and it will "remember" how to protect your body from germs it has encountered before. For additional information on immunizations, visit **cdc.gov/vaccines**.

cancer screening in men younger than 75, a clinician should not order the PSA test without first discussing with the patient.



\* Not to be given during pregnancy

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Sources: Recommended Adult Immunization Schedule 2011, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; The Guide to Clinical Preventive Services 2010-2011, Recommendations of the U.S. Preventive Services Task Force; U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

The information provided in this document is for general educational purposes only. It is not intended as medical advice and cannot replace or substitute for individualized medical care and advice from a personal physician. Individuals should always consult with their physicians regarding any health questions or concerns.