













# Preventive Health Information

We all want to enjoy good health. One of the best ways to get there is to complete vaccinations, disease screenings and cancer screenings at the appropriate age. Below are general guidelines. Please consult with your primary care physician for specific recommendations based on your medical history and personal risk factors.

- **VACCINATIONS**
- **DISEASE SCREENINGS**
- **CANCER SCREENINGS**

|  | AGE TO ADMINISTER |    |    |    |    |    |    |    |     |    |    | FREQUENCY |  |  |
|--|-------------------|----|----|----|----|----|----|----|-----|----|----|-----------|--|--|
|  | 0                 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80+ |    |    |           |  |  |
|  <b>FLU VACCINE</b>                                 | 6 MONTHS OLD      |    |    |    |    |    |    |    |     |    |    | 80+       | Everyone age 6 months and older should receive one dose annually.  |  |
|  <b>COVID-19 VACCINE</b>                            | 6 MONTHS OLD      |    |    |    |    |    |    |    |     |    |    | 80+       | Everyone 6 months and older should get the updated COVID-19 vaccine, regardless of any previous COVID-19 vaccinations.   |  |
|  <b>HPV VACCINE</b>                                 |                   |    | 11 |    |    |    |    |    |     | 26 |    |           | Two doses are recommended for people 11 to 15 years old and three doses for people 15 to 26. People 27 through 45 should discuss with their doctor.  |  |
|  <b>STI + HIV SCREENING</b>                         |                   |    |    | 15 |    |    |    |    |     |    |    | 65        | Regular testing for sexually transmitted infections, including HIV, is based on sexual activity and other risk factors. It is recommended that all adults age 15 to 65 are screened for HIV infection at least once. |  |
|  <b>HEPATITIS C SCREENING</b>                       |                   |    |    |    | 18 |    |    |    |     |    |    | 79        | Adults age 18 to 79 should have a one-time blood test.   |  |
|  <b>CERVICAL CANCER SCREENING</b>                 |                   |    |    |    |    | 21 |    |    |     |    |    | 65        | Women should be screened every 3 years from 21 to 30 years old, and every 3 to 5 years from 30 to 65.  |  |
|  <b>PREDIABETES AND TYPE 2 DIABETES SCREENING</b> |                   |    |    |    |    |    | 35 |    |     |    |    | 75        | Patients 35 to 75 who are overweight or obese should be regularly screened by measuring their Hemoglobin A1c or fasting plasma glucose level, or with an oral glucose tolerance test.                                |  |
|  <b>BREAST CANCER SCREENING</b>                   |                   |    |    |    |    |    |    | 40 |     |    |    | 75        | Women should have their first mammogram between age 40 and 50, repeated every 1 to 2 years until 75.   |  |
|  <b>COLORECTAL CANCER SCREENING</b>               |                   |    |    |    |    |    |    |    | 45  |    |    | 75        | Routine screening with colonoscopy should be repeated every 10 years; stool screenings should be performed annually. More frequent screening is indicated based on personal or family history.                       |  |
|  <b>SHINGLES VACCINE</b>                          |                   |    |    |    |    |    |    |    |     | 50 |    | 80+       | Shingrix should be given in two doses, 2 to 6 months apart, even if the patient already received Zostavax or has previously had shingles.  |  |
|  <b>LUNG CANCER SCREENING</b>                     |                   |    |    |    |    |    |    |    |     | 50 |    | 80        | Anyone who has smoked the equivalent of one pack a day for 20 years should have an annual chest CT scan based on their current age and when they most recently smoked.   |  |
|  <b>PROSTATE CANCER SCREENING</b>                 |                   |    |    |    |    |    |    |    |     |    | 55 | 69        | Screening options include a physical exam and PSA blood test. Frequency determined by agreement between patient and physician based on patient's personal risk.  |  |
|  <b>ABDOMINAL AORTIC ANEURYSM SCREENING</b>       |                   |    |    |    |    |    |    |    |     |    |    | 65        | 75   | Men between 65 and 75 years old who have ever smoked should have a one-time screening.         |
|  <b>OSTEOPOROSIS SCREENING</b>                    |                   |    |    |    |    |    |    |    |     |    |    | 65        | 80+  | Women should have their first DEXA bone scan at 65, repeated as determined by their physician. |