

Preventive Care Guidelines for Adults

This table shows the services that are recommended for adults, and how often you should have them done.

<i>Service:</i>	<i>For Who:</i>	<i>How Often:</i>
Routine Check-Up	Everyone age 19 and older	Every year
Blood Pressure Test Source: 5,3	Everyone age 19 and older	During your annual check-up
Pap Smear Test Source: 2,3	Women age 21 and older	Evaluate risk every year with your doctor
Cholesterol Blood Test Source: 5,3	Everyone age 35 and older	Every two years (if normal)
Breast Cancer Screens: Self Breast Exam Clinical Breast Exam	Women age 20 and older Women age 20 and older	Monthly Every year
Mammogram	Women age 40 and older	Evaluate risk every year with your doctor
Buddy System Source: 2,3	Call a friend and remind her to do a self breast exam every month. Your friend should call and remind you, too.	Ask your doctor about the self breast exam Buddy System.
STD Screening Source: 3,6	Everyone who is sexually active	Evaluate risk every year with your doctor
Prostate Cancer Screen PSA Blood Test Prostate Exam Source: 2,3	Men age 40 and older	Evaluate risk every year with your doctor
Adult Immunizations (i.e., Tetanus, Flu Shot, HPV, Pneumonia) Source: 3	Everyone age 19 and older according to immunization schedule	Evaluate every year
Eye Exam for Diabetics (Dilated Fundoscopic)	Everyone with Diabetes	Every year
Foot Exam for Diabetes Source: 1,3	Everyone with Diabetes	Every year
HIV Blood Test Source: 4,3	People who: -are sexually active -use IV drugs	Ask your doctor for testing and counseling
Test Stool for Blood Source: 2,3	Everyone age 50 or older	Evaluate risk every year with your doctor

Source 1. American Diabetes Association

Source 2. American Cancer Society

Source 3. Hollis Seunarine, M.D., FAAFP, Executive Medical Director, Jai Medical Systems

Source 4. AIDS Administration, Maryland Department of Health & Mental Hygiene

Source 5. American Heart Association

Source 6. Center for Disease Control (CDC)