

Adult Preventive Health Guidelines	Age 20-29	Age 30-39	Age 40-49	Age 50-59
Physical examination	Every 2-3 years Consider age, sex and risk factors.	Every 2-3 years Consider age, sex and risk factors.	Every 2-3 years Consider age, sex and risk factors.	Every 1-3 years Consider age, sex and risk factors.
Blood pressure	At least every 1-2 years	At least every 1-2 years	At least every 1-2 years	At least every 1-2 years
Body Mass Index (BMI)	Every year Or as suggested by your doctor.	Every year Or as suggested by your doctor.	Every year Or as suggested by your doctor.	Every year Or as suggested by your doctor.
Cholesterol	Every 4-5 years Patients with positive risk factors should be monitored more frequently.	Every 4-5 years Patients with positive risk factors should be monitored more frequently.	Every 4-5 years Patients with positive risk factors should be monitored more frequently.	Every 4-5 years Patients with positive risk factors should be monitored more frequently.
Pap smear/pelvic exam	Annual cervical cytology should begin about 3 years after initiation of sexual intercourse but no later than 21 years. Women younger than 30 years should undergo annual cervical cytology screening.	Repeat pap every 2-3 years in women: 30 years and older No history of CIN 2 or CIN 3 Not immunocompromised HIV negative Not exposed to DES Otherwise, annual cytology is recommended		
Chlamydial Infection Screening	All sexually active non-pregnant young women age 24 and younger	All older non-pregnant women who are at increased risk		
Mammogram		Every year for high risk women beginning at the age of 35.	Baseline at age 40 then every 1-2 years	Every year
Physician breast exam	Every year	Every year	Every year	Every year
Self breast exam	Monthly	Monthly	Monthly	Monthly
Physician testicular exam	Every year	Every year	Every year	Every year
Prostate-specific antigen (PSA)			Every year	Every year
Self testicular exam	Monthly	Monthly	Monthly	Monthly
Skin exam	Every 3 years	Every 3 years	Every year	Every year
Tuberculin skin test	All high risk individuals	All high-risk individuals	All high-risk individuals	All high-risk individuals
Routine lab (UA, CBC, blood chemistry, STD screening)	Yearly as appropriate	Yearly as appropriate	Yearly as appropriate	Yearly as appropriate
Fecal occult blood			Yearly for patients with a family history of colorectal cancer	Yearly
Colonoscopy			Every 5-10 years depending on family history and findings.	Initial screening at age 50, every 5-10 years depending on family history and findings.
Preventive Counseling				
<i>Tobacco cessation</i>	Hazards of tobacco use. Seek counseling to stop smoking and/or chewing tobacco.			
<i>Alcohol/Drug treatment</i>	Hazards of alcohol and/or drug use. Avoid excessive alcohol use and do not drive while under the influence of alcohol.			
<i>Diet and exercise</i>	Limit fat and cholesterol, maintain caloric balance and emphasize grains, fruits, vegetables and adequate calcium intake for women.			
<i>Injury prevention</i>	Lap and shoulder belts, smoke detectors, safe storage and removal of firearms and back injury prevention.			
<i>Skin cancer</i>	Avoid excess sun exposure and use a sunscreen when in the sun.			
<i>Dental health</i>	Regular visits to the dentist floss and brush.			
<i>Folic acid</i>	All women who are planning or capable of pregnancy should take a daily multivitamin containing the recommended amount of folic acid.			
<i>Self examination</i>	Breast, skin and testes.			
<i>Depression</i>	Assessment and screening			
Adult Immunizations	Refer to the CDC website for the recommended adult immunization schedule: http://www.cdc.gov/vaccines/recs/schedules/downloads/adult/mmrw-adult-schedule.pdf			