

Recommended Adult PREVENTION schedule—2004



Age: 20 25 30 35 40 45 50 55 60 65 70 75 80+

HEALTHY HABITS

Tobacco	Being tobacco free is the best thing you can do to protect your health. If you smoke or use tobacco, we can help you quit.
Exercise	Try to be physically active for at least 30 minutes on most days. Walking is an excellent way to be physically active.
Diet	Eat five or more servings of fruits and vegetables every day. Read food labels and limit foods high in salt, fat, and sugar. Eat more fiber and whole grain foods.
Safety	Wear your seatbelt for every ride. Use helmets and safety gear.
Alcohol and Drugs	If drinking or drug use is causing problems for you or others, we can help. Don't drive after drinking or after using drugs.
Sexual Health	Practice safer sex and use condoms to avoid chlamydia, HIV and other STDs. Use birth control (and emergency contraception if necessary) to avoid unplanned pregnancy.
Emotional Health	If you feel depressed, or if someone is hurting you, talk to your physician or other medical professional to get help.

SCREENING TESTS

Hypertension	Have your blood pressure checked at least every one to two years. A healthy blood pressure is around 120/80, preferably less.
Diabetes	Get tested every five years. Testing may start earlier and occur more frequently if you are overweight and inactive, or if diabetes runs in your family.
Colorectal Cancer	Have a flexible sigmoidoscopy every 10 years.
HIV and other STDs	Get tested for HIV and other STDs if you have had unprotected sex, are pregnant, or have any other reason to think that you may be at risk.
Cholesterol and Lipids	Have your cholesterol and lipids checked every five years. Have them checked more often if you have high cholesterol, diabetes, or heart disease.
Overweight and Obesity	Have your Body Mass Index calculated every one to two years, or more often if needed. Talk with your physician or other medical professional about healthy eating and physical activity.
Osteoporosis	To help prevent osteoporosis, take Calcium, Vitamin D, exercise regularly, and avoid tobacco. Check with your physician about having a Bone Mineral Density (BMD) test or taking medications.
Chlamydia	Have a yearly chlamydia test if sexually active and between the ages of 14 and 25.
Cervical Cancer	Have a Pap test every two years after having two yearly tests that were normal. Have an HPV/Pap test every three years as long as both tests are normal.
Breast Cancer	Have a mammogram every one to two years.
Prostate Cancer	Discuss having a PSA test and rectal exam with your physician or other medical professional.

My prevention checklist

- Choose a personal physician or nurse practitioner to see for regular preventive care visits. (Every five years, 18-50; every two years, 50-80+)
 - Complete an advance directive and update as needed.
 - Stay up to date on your immunizations:
 - Flu:** every year, starting at age 50; earlier if you are at higher risk
 - Tetanus Diphtheria:** booster shot every 10 years
 - Pneumonia:** Once after age 65
- Your physician or nurse practitioner may recommend additional vaccinations depending on your personal health history.

Please note: These recommendations are for generally healthy people. If you have ongoing health problems, special health needs or risks, or if certain conditions run in your family, your prevention plan may be different.