

PREVENTIVE SCREENING RECOMMENDATIONS

The right preventive care at every stage of life helps you stay healthy, avoid or delay the onset of disease, and keeps conditions you already have from becoming worse. These are general guidelines only. Your primary care provider will personalize the timing of the screenings and vaccinations you need based on many factors – talk to your primary care provider today about your preventive screenings!



- ## 20s
- Maintain healthy weight and discuss any concerns
 - Blood pressure every 3 years
 - Discuss cholesterol and diabetes
 - STDs including HIV
 - Discuss vaccinations such as HPV, tetanus, covid, hepatitis, whooping cough and flu

- ## 30s
- Maintain healthy weight and discuss any concerns
 - Blood pressure every 3 years
 - Discuss cholesterol and diabetes
 - STDs including HIV
 - Discuss vaccinations such as tetanus, covid, hepatitis, whooping cough and flu

- ## 40s
- Maintain healthy weight and discuss any concerns
 - Blood pressure annually
 - Discuss cholesterol and diabetes
 - STDs including HIV
 - Discuss vaccinations such as tetanus, covid, hepatitis, whooping cough and flu
 - Cancer Screening:
 - Colon cancer (colonoscopy starting at age 45)

- ## 50s
- Maintain healthy weight and discuss any concerns
 - Blood pressure annually
 - Discuss cholesterol and diabetes
 - Cancer Screenings:
 - Colon cancer
 - Lung cancer starting at age 50 (LDCT if meet criteria)
 - Prostate cancer screening (a baseline PSA at age 55 if at average risk)
 - STDs including HIV
 - Hepatitis C screening if born between 1945-1965
 - Discuss vaccinations such as pneumonia, shingles, tetanus, covid, whooping cough and flu

- ## 60s AND 70s
- Maintain healthy weight and discuss any concerns
 - Blood pressure annually
 - Discuss cholesterol and diabetes
 - Abdominal aortic aneurysm screening once between ages 65-75 (if history of tobacco use)
 - Cancer screenings:
 - Colon cancer until age 75 (minimum)
 - Lung cancer screening annually until age 80 (if high risk)
 - Prostate cancer screening (if patient requests or is high risk)
 - STDs including HIV
 - Hepatitis C screening if born between 1945-1965
 - Discuss vaccinations such as pneumonia, shingles, tetanus, covid, whooping cough and flu

- ## 80s
- Continue to meet at least annually with your Primary Care Provider to discuss screening and treatment options that are right for you.

NOTES: _____

