

Preventative Care Screening

Our doctors/ providers follow a program of preventive care, based on recommendations by the US Preventive Services Task Force. We encourage you to ask your provider about the recommendations in the guides. Together you can design a program of preventive health care suited to your particular needs.

Immunizations

The Centers for Disease Control and Prevention (CDC) maintains current recommendations of vaccines for infants, children, and adults. Visit: <http://www.cdc.gov/vaccines/recs/schedules/index.html> to see what immunizations are recommended for you.

Women Age 18-39

Breast Self-Exam

Women should perform a breast self-exam monthly. Instructions are available at: www.cancer.org. [Click here for self-exam instructions.](#)

Pap Smear

Women should have a pap smear once a year for two years. If both pap smears are normal, women may then have a pap smear every three years or as recommended by their physician.

Chlamydia & Gonorrhea

Sexually active women under age 25 should have a chlamydia and gonorrhea screening during their routine health examination.

Blood Pressure

Check at each doctor visit, or at least every 2 years, more often if high.

Cholesterol

Recommended for women at high risk. Risk factors that will be considered by your doctor include diabetes, a family history of cardiovascular disease, family history of high cholesterol, and multiple coronary heart disease risk factors (e.g., tobacco use, hypertension.)

Depression

We all feel down or blue at times. However, if these feelings are strong or last for a long time, contact your doctor as this may be a sign of depression. Answer these questions: 1) Over the past two weeks, have you ever felt down, depressed, or hopeless? 2) Over the past two weeks, have you felt little interest or pleasure in doing things?

Diabetes

Recommended for women at high risk. Risk factors that will be considered by your doctor include obesity, family history, history of gestational diabetes, hypertension, and high cholesterol. African Americans, Hispanics, and Native Americans are also at higher risk of developing diabetes.

Immunizations

Tdap/ TD Shot

Women should have the Tdap vaccine for diphtheria, tetanus, and pertussis (whooping cough) once as an adult, and continue tetanus/ diphtheria (TD) shots every 10 years.

Flu Shot

Women may choose to have a flu shot every year. It is strongly recommended for women who will be pregnant during the influenza season; healthcare workers, and women with chronic illnesses or immune system problems.

Other Immunizations

Pneumonia, hepatitis, chicken pox, or meningitis vaccinations are recommended only for those at high risk.

Recommendations

Always wear sun protection outside including sun screen and protective clothing. Skin exams may be necessary.

Women should take folic acid supplements.

Women should take calcium supplements by age 35.

Discuss safety and any of the following: smoking cessation, AIDS, family planning and alcohol/drug abuse.

Discuss any hearing loss and/or noise exposure with your physician.

Women Age 40-50

Mammogram

Mammograms are recommended every 1-2 years.

Breast Self-Exam

Women should perform a breast self-exam monthly. Instructions are available at: www.cancer.org. Click here for self-exam instructions.

Pap Smear

Women should have a pap smear once a year for two years. If both pap smears are normal, women may then have a pap smear every three years or as recommended by their physician.

Blood Pressure

Check at each doctor visit, or at least every 2 years. More often if high.

Colon Cancer

Screening recommended for women at high risk including women with a family history of colon cancer; women who have had colon polyps; and women who have had breast, ovarian or uterine cancer.

Cholesterol

Screening recommended every 5 years for all women starting at age 45, or younger/ more often if at high risk. Risk factors that will be considered by your doctor include diabetes, a family history of cardiovascular disease, family history of high cholesterol, and multiple coronary heart disease risk factors (e.g., tobacco use, hypertension.)

Depression

We all feel down or blue at times. However if these feelings are strong or last for a long time, contact your doctor as this may be a sign of depression. Answer these questions: 1) Over the past two weeks, have you ever felt down, depressed, or hopeless? 2) Over the past two weeks, have you felt little interest or pleasure in doing things?

Diabetes

Recommended for women at high risk. Risk factors that will be considered by your doctor include obesity, family history, history of

gestational diabetes, hypertension, and high cholesterol. African Americans, Hispanics, and Native Americans are also at higher risk of developing diabetes.

Immunizations

Tdap/ TD Shot

Women should have the Tdap vaccine for diphtheria, tetanus, and pertussis (whooping cough) once as an adult, and continue tetanus/ diphtheria (TD) shots every 10 years.

Flu Shot

Women may choose to have a flu shot every year. It is strongly recommended for women who will be pregnant during the influenza season; healthcare workers, and women with chronic illnesses or immune system problems.

Other Immunizations

Pneumonia, hepatitis, chicken pox, or meningitis vaccinations are recommended only for those at high risk.

Recommendations

Always wear sun protection outside including sun screen and protective clothing. Skin exams may be necessary.

Women should take folic acid supplements and calcium supplements. Discuss safety and any of the following: smoking cessation, AIDS, family planning and alcohol/drug abuse.

Discuss any hearing loss and/or noise exposure with your physician.

Women beginning menopause should discuss Hormone Replacement Therapy (HRT) with their physician.

Evidence has shown that for many individuals, aspirin can be beneficial in the prevention of heart attack and stroke. Because there are risks to consider as well as benefits, we recommend that women over the age of 45 should discuss with their doctor whether or not to take aspirin daily.

Women Age 50+

Mammogram

Mammograms are recommended every 1-2 years.

Breast Self-Exam

Women should perform a breast self-exam monthly. Instructions are available at: www.cancer.org. Click here for self-exam instructions.

Pap Smear

Women should have a pap smear once a year for two years. If both pap smears are normal, women may then have a pap smear every three years or as recommended by their physician. At age 65, women may discontinue pap smears if their previous pap smears have been normal

Blood Pressure

Check at each doctor visit, or at least every 2 years. More often if high.

Colon Cancer

Screening recommended: either a lab screening to test for blood in the stool yearly, or a sigmoidoscopy every 5 years. A colonoscopy may also be recommended for women at high risk including women with a family history of colon cancer; women who have had colon polyps; and women who have had breast, ovarian or uterine cancer.

Cholesterol

Screening recommended every 5 years for all women or more often if at high risk. Risk factors that will be considered by your doctor include diabetes, a family history of cardiovascular disease, family history of high cholesterol, and multiple coronary heart disease risk factors (e.g., tobacco use, hypertension.)

Depression

We all feel down or blue at times. However if these feelings are strong or last for a long time, contact your doctor as this may be a sign of depression. Answer these questions: 1) Over the past two weeks, have you ever felt down, depressed, or hopeless? 2) Over the

past two weeks, have you felt little interest or pleasure in doing things?

Diabetes

Recommended for women at high risk. Risk factors that will be considered by your doctor include obesity, family history, history of gestational diabetes, hypertension, and high cholesterol. African Americans, Hispanics, and Native Americans are also at higher risk of developing diabetes.

Osteoporosis

A bone density screening, such as a heel ultrasound test is recommended at age 65. Women at high risk for low bone density including those with a low weight are recommended to have the screening at age 60.

Immunizations

Tdap/ TD Shot

Women should have the Tdap vaccine for diphtheria, tetanus, and pertussis (whooping cough) once as an adult, and continue tetanus/ diphtheria (TD) shots every 10 years.

Flu Shot

A flu shot is recommended every year.

Pneumonia Shot

Women should have a pneumonia shot at least once starting at age 65, or earlier if at high risk.

Other Immunizations

Pneumonia, hepatitis, chicken pox, or meningitis vaccinations are recommended only for those at high risk.

Recommendations

Always wear sun protection outside including sun screen and protective clothing. Skin exams may be necessary.

Women should take calcium supplements.

Discuss safety and any of the following: smoking cessation, AIDS, family planning and alcohol/drug abuse.

Discuss any hearing loss and/or noise exposure with your physician.

Women beginning menopause should discuss Hormone Replacement Therapy (HRT) with their physician.

Evidence has shown that for many individuals, aspirin can be beneficial in the prevention of heart attack and stroke. Because there are risks to consider as well as benefits, we recommend that women over the age of 45 should discuss with their doctor whether or not to take aspirin daily.

Men Age 18-49

Blood Pressure

Check at each doctor visit, or at least every 2 years. More often if high.

Cholesterol

Screening recommended every 5 years for all men starting at age 35, or younger/ more often if at high risk. Risk factors that will be considered by your doctor include diabetes, a family history of cardiovascular disease, family history of high cholesterol, and multiple coronary heart disease risk factors (e.g., tobacco use, hypertension.)

Colon Cancer

Screening recommended for men at high risk including men with a family history of colon cancer and men who have had colon polyps.

Depression

We all feel down or blue at times. However if these feelings are strong or last for a long time, contact your doctor as this may be a sign of depression. Answer these questions: 1) Over the past two weeks, have you ever felt down, depressed, or hopeless? 2) Over the past two weeks, have you felt little interest or pleasure in doing things?

Diabetes

Screening recommended for men at high risk. Risk factors that will be considered by your doctor include obesity, family history, hypertension, and high cholesterol. African Americans, Hispanics, and Native Americans are also at higher risk of developing diabetes.

Immunizations

Tdap/ TD Shot

Men should have the Tdap vaccine for diphtheria, tetanus, and pertussis (whooping cough) once as an adult, and continue tetanus/ diphtheria (TD) shots every 10 years.

Flu Shot

Men may choose to have a flu shot every year. It is strongly recommended for healthcare workers, and men with chronic illnesses or immune system problems.

Other Immunizations

Pneumonia, hepatitis, chicken pox, or meningitis vaccinations are recommended only for those at high risk.

Recommendations

Always wear sun protection outside including sun screen and protective clothing. Skin exams may be necessary.

Discuss safety and any of the following: smoking cessation, AIDS, family planning and alcohol/drug abuse.

Discuss any hearing loss and/or noise exposure with your physician.

Evidence has shown that for many individuals, aspirin can be beneficial in the prevention of heart attack and stroke. Because there are risks to consider as well as benefits, we recommend that men over the age of 45 should discuss with their doctor whether or not to take aspirin daily.

Men Age 50+

Blood Pressure

Check at each doctor visit, or at least every 2 years. More often if high.

Cholesterol

Recommended every 5 years or more often if at high risk. Risk factors that will be considered by your doctor include diabetes, a family history of cardiovascular disease, family history of high cholesterol, and multiple coronary heart disease risk factors (e.g., tobacco use, hypertension.)

Colon Cancer

Screening recommended: either a lab screening to test for blood in the stool yearly, or a sigmoidoscopy every 5 years. A colonoscopy may also be recommended for men at high risk including men with a family history of colon cancer; and men who have had colon polyps.

Depression

We all feel down or blue at times. However if these feelings are strong or last for a long time, contact your doctor as this may be a sign of depression. Answer these questions: 1) Over the past two weeks, have you ever felt down, depressed, or hopeless? 2) Over the past two weeks, have you felt little interest or pleasure in doing things?

Diabetes

Screening recommended for men at high risk. Risk factors that will be considered by your doctor include obesity, family history, hypertension, and high cholesterol. African Americans, Hispanics, and Native Americans are also at higher risk of developing diabetes.

Prostate Cancer

Discuss whether or not you should have a Prostate Specific Antigen (PSA) test with your physician.

Smokers Only

An abdominal aortic aneurysm is more likely. A one-time ultrasound screening is recommended for men between the ages of 65 and 75.

Immunizations

Tdap/ TD Shot -Men should have the Tdap vaccine for diphtheria, tetanus, and pertussis (whooping cough) once as an adult, and continue tetanus/ diphtheria (TD) shots every 10 years.

Flu Shot

A flu shot is recommended every year.

Pneumonia Shot

Men should have a pneumonia shot at least once starting at age 65, or earlier if at high risk.

Other Immunizations

Pneumonia, hepatitis, chicken pox, or meningitis vaccinations are recommended only for those at high risk.

Recommendations

Always wear sun protection outside including sun screen and protective clothing. Skin exams may be necessary.

Discuss safety and any of the following: smoking cessation, AIDS, family planning and alcohol/drug abuse.

Discuss any hearing loss and/or noise exposure with your physician. Evidence has shown that for many individuals, aspirin can be beneficial in the prevention of heart attack and stroke. Because there are risks to consider as well as benefits, we recommend that men over the age of 45 should discuss with their doctor whether or not to take aspirin daily