

# ADULT ROUTINE PREVENTIVE CARE GUIDELINES

It's important for your aging parent to get regular screenings and tests to stay in good health. While every person is different, use this list as a guideline for when your loved one should receive preventive screenings.

What	Why	When	Is This For Me?
<b>Routine Tests</b>	To prevent diseases or detect them early enough to prevent complications and keep you in good health.	Based on USPSTF and CDC Guidelines*	What tests or treatments are right for you depend on your age, overall health, and what you value most in life.
<b>Physical Exam</b>	During a physical examination, your doctor can review your health status and find health problems before they hurt you.	Every 1 - 3 years 18 - 49  Yearly 50+	Everyone should have an exam every few years. Go more often if you are over 65, have chronic diseases, or risks.
<b>Weight/Body Mass</b>	Getting your weight down to what's best for your height will help you feel healthier and help prevent diabetes and heart disease.	Yearly 18+	Unintended weight gain and weight loss are signs of a potential problem. If you are a wheelchair user and cannot be weighed on the scale in your doctor's office, ask your doctor for help.
<b>Blood Pressure</b>	Lower blood pressure helps reduce your risk of stroke, kidney failure, heart disease, and blindness.	Every visit 18+	<ul style="list-style-type: none"> <li>• If you are under 65, your blood pressure should be under 140/90.</li> <li>• If you are over 65, your blood pressure should be under 150/90.</li> <li>• If you have diabetes (at any age), your blood pressure should be under 140/90.</li> </ul>
<b>Eye Exam</b>	Regular eye exams can help find cataracts, diabetes, glaucoma, and other diseases early enough to save your vision.	Every 1 - 3 years 40+	If you have high blood pressure, high cholesterol, diabetes, or glaucoma, talk to your doctor about seeing an eye care specialist.

What	Why	When	Is This For Me?
<b>Cholesterol Test</b>	High cholesterol can clog your arteries. This can cause strokes, heart attacks, and leg pain. Healthy eating, exercise, and medications can help.	Every 5 years 18+	If you have diabetes, high blood pressure, or other risks for heart disease and stroke, your doctor may test you more often.
<b>Diabetes Test</b>	Regular testing can help find diabetes early. Early treatment with diet, exercise, or medications can help prevent complications such as kidney failure, blindness, leg pain, heart disease, and more.	Every 3 years 45+	Testing should start earlier, and it should be done more often if you are overweight or have a family history of diabetes, high blood pressure, high cholesterol, or heart disease.
<b>HIV/Hepatitis Test</b>	Health experts recommend testing for HIV and Hepatitis infections at least once in each person's life.	At least once 18+	You should be tested more often if you engage in unprotected sex or share needles to inject drugs.
<b>Pap Smear/HPV Test For Cervical Cancer</b>	Pap smears help find cervical changes before they become cancer. Pap smears are the best test doctors have to find and cure cancer.	Every 3 Years 21 - 29  Every 5 years 30 - 65	Sexually active women should start pap smears at age 21 and repeat every 3 years. Starting at age 30, move to every 5 years (with HPV virus testing included). Continue testing until age 65.
<b>Mammogram For Breast Cancer</b>	Periodic mammograms may help find breast cancer early, allowing for earlier treatment, which may prolong life.	Every 2 years 50 - 74	All women should have a mammogram periodically. Ask your doctor if you should start at age 40 or continue past age 74 if you have risks
<b>Colonoscopy For Colon Cancer Testing</b>	A colonoscopy can help find tumors before they become cancer. These and early cancers can be completely removed and cured this way.	Every 10 years 50 - 75	Have a colonoscopy every 10 years. However, a colonoscopy may be a risky procedure for some frail elderly people. Talk to your doctor about alternative tests.

What	Why	When	Is This For Me?
<b>Abdominal Aortic Aneurysm Testing</b>	A painless ultrasound picture of your stomach can find a dangerous swelling of your largest artery and save your life.	Once 65 - 75	This screening is only helpful for MEN who have EVER SMOKED.
<b>Bone Thickness Test</b>	Simple bone thickness tests can detect bone thinning (osteoporosis), which can be treated with medications to prevent bone loss. This can reduce your risk of painful, disabling bone breaks.	Once 65+	All women should be tested at least once. Start earlier if you are at higher risk of osteoporosis and fractures. Important risks include: family history, Caucasian/Asian race, low body weight, and smoking.
<b>Vaccinations</b>	You can prevent disease with vaccines against tetanus (every 10 years), flu (every fall), pneumonia (once), and shingles (once). Check with your doctor about these vaccines.		
<b>Routine Counseling</b>	These are several important topics to discuss with your care team that can help you continue your healthy habits and make the positive changes in your life. Some important topics for you to discuss may include: tobacco use, alcohol and drug use, and domestic abuse.		
<b>Advance Care Planning</b>	Make sure you receive the care you want — even if you are unable to communicate your wishes. Your doctor can help.	Review Yearly	Everyone should work with their doctor to complete and sign a MOLST (Medical Orders for Life Sustaining Treatment) and Health Care Proxy form.

\*United States Preventive Services Task Force and the Centers for Disease Control