



MedStar Family Choice

Caring For You. Caring About You.

MedStar Health

**Preventive Care Guidelines for Adults
(Age 21 and Over)***

SCREENING SERVICE	AGE	HOW OFTEN
History and Physical	21 years and older.	Every year.
Weight and Height	21 years and older.	Every year at a visit to your doctor.
Blood Pressure	All adults 21 years and older.	Every year at a visit to your doctor.
Cervical Cancer (Pap Smear)	Women 18 years to 64 yrs and those under 18 years who are or have been sexually active.	Three consecutive normal test results and then every 1 to 3 years in low risk women.
Cholesterol	All adults 21 and older.	Screening every five years. Those with known risk factors more frequently as determined by doctor.
Breast Cancer		
Self Breast exam	Women 21 years and older.	Monthly.
Clinical breast exam	Women 20-39. Women 40 years and older.	Every three years. Every year.
Mammogram	Women 40 yrs and older.	Every year.
Colon Cancer	All adults 50 or older.	Occult blood test every year. Barium enema and sigmoidoscopy every 5 years. Colonoscopy every 10 years. Those with known risk factors more frequently as determined by doctor.
Counseling/Health Education	All adults.	At each physical, and thereafter as needed.
Depression screening	All adults.	Annually.
Diabetes	45 years and older; younger than 45 if risk factors are present.	Screen and then repeated by doctor as needed.
Eye Health and Vision Screening	Age 20-39 years. Age 40-65 years. Age 66 years and older.	Eye exams if changes in vision or injury occurs. Baseline exam at 40 years and then re-exam every 2-4 years. Exam every 1-2 years.

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Hearing	All adults.	Doctor will check periodically.
Prostate Cancer – Rectal exam and Prostate Specific Antigen (PSA) test	Men 50 or older.	Doctor will offer and discuss various testing options.
Osteoporosis Screening	Women 65 and older.	Every year. High risk women start at age 60.
Hepatitis A and B	High risk adults.	Ask your doctor.
Herpes Zoster	Adults 60 years and older.	One dose. Ask your doctor.
HPV	Women 19-26 years.	3 doses. Ask your doctor.
Influenza Vaccine (Flu shot)	All adults 65 and older.	Every year – doctors may suggest flu shot to young adults in high risk groups.
Lyme Disease	High risk adults.	Ask your doctor.
Meningococcal	High risk adults.	Ask your doctor.
Measles / Mumps/Rubella	All adults born after 1956 without immunity or other indications.	Ask your doctor.
Pneumococcal Vaccine (Pneumonia)	All adults 65 or older.	Once in lifetime, or at the suggestion of your doctor.
Tetanus Booster	All adults the primary series of shots.	Every 10 years.
Varicella	Adults with unreliable medical history.	Ask your doctor.

* These are just recommendations. Your doctor will tell you if you need these services more or less often.