

Screening for All Patients

Children	Teens	18-25	25-35	35-40	40-50	50-65	>65
Annual Physical (Blood Pressure, Weight, Skin Exam, Heart Auscultation)							
			Cholesterol at 25 & 30 if increased risk	Cholesterol screening every 5 years starting at 35 for men and 45 for women.			
						Colon Cancer screening	
HIV screening annually for all patients at risk (AAFP) vs. for all patients regardless of risk (CDC)							
Immunizations see below	Meningitis vaccine						
Tetanus & Diphtheria (Td) booster every 10 years (Once in their lifetime patients should receive Tdap instead to boost Pertussis immunity)						One final Td age 50, or continue every 10 years	
						Flu vaccine annually	
						Varicella Zoster (Shingles) 60	
							Single Pneumonia vaccine
Cardiovascular Exercise: 30 minutes most days (walking, jogging, biking, swimming) Smoking Cessation, Alcohol Moderation, Condoms, Safety Belts Diet high in fruits, vegetables and fiber, low in carbohydrates (especially highly refined sugar and flour) and containing healthy Multivitamin (regular use of other vitamins in high doses are NOT recommended) Aspirin 81mg daily IF at high risk for heart disease (hypertension, diabetes, elevated cholesterol, strong family)							

Additional Screening for Men

50-65	>65
	Ultrasound for Aortic Aneurysm in any man who's ever smoked
Discuss option of Prostate Cancer screening (stop at age 75)	

Additional Screening for Women

Children	Teens	18-25	25-35	35-40	40-50	50-65	>65
	If EVER sexually active: Pelvic, Pap and STD screen	All women: Pelvic & Pap, plus STD screen if ever sexually active	Pap & Pelvic: looks for skin lesions, abdominal masses and malignancies, and Pap screens for Cervical changes caused by HPV (Human Papilloma Virus)			Pelvic Exams (no further Paps if past exams negative)	
					Mammogram every 1-2 years to screen for Breast Cancer		
						Bone Density Screening at 65	
HPV vaccine							
Diet high in Calcium , consider calcium supplements with Vit D, regular weight-bearing exercise to prevent bone loss and fractures later in life							