

Adult Wellness Guidelines

At annual physical, ask as needed

<i>Screenings</i>	
Weight	Every 1-3 years
Body Mass Index (BMI)	Every 1-3 years
Blood Pressure (BP)	At least every 2 years
Colon Cancer Screening	Colonoscopy at age 50 and every 10 years afterwards
Diabetes Screening	Individuals with high BP, overweight, or with other risk factors should have screening every three years
Hearing Screening	Annually beginning at age 65

<i>Immunizations</i>	
Tetanus Booster (Td/Tdap)	Every 10 years
Influenza	Annually
Herpes Zoster (Shingles)	At age 60, 1 dose should be given
Varicella (Chicken Pox)	2 doses if no immunity is known
Pneumococcal (Pneumonia)	At age 65, 1 dose should be given
Measles, Mumps, Rubella(MMR)	1 or 2 for adults between 19-49 that do not show immunity

<i>Recommendations for women</i>	
Mammogram	Every 1-2 years for women ages 40-74
Clinical Breast Exam	Every 3 years for women 20-39. Annually at age 40.
Cholesterol	Based on risk factors, ask physician
Pap Test	Every 1-3 years
Osteoporosis Screening	At age 60-65 annually
Aspirin use	Between the ages of 55-79, ask physician
Human Papillomavirus (HPV)	3 doses between the ages of 18-26 if no immunity is known

<i>Recommendations for Men</i>	
Cholesterol	Age 20-35 if at risk. Annual at age 35
Prostate Cancer Screening	Age 50 and older, ask physician
Abdominal Aortic Aneurysm	Once between age 65 -75 if you have ever smoked
Aspirin use	At ages 45-79, ask physician