

PREVENTIVE SCREENING RECOMMENDATIONS

Service	19-39 Years	40-64 Years	65+ Years
Aspirin prophylaxis	Discuss with postmenopausal women, men over age 40, and younger individuals at increased risk for coronary heart disease		
Breast cancer screening		Annual mammogram for women with risk factors; every 1 to 2 years for women 40 to 64 years of age with no risk factors	Annual mammogram for women with risk factors; every 1 to 2 years for women 65 and older with no risk factors
Cervical cancer screening	First Pap Smear at age 21 or 3 years after first sexual intercourse, whichever is earlier. Yearly screening to age 30; then every 2 to 3 years after three consecutive normal results	Every 2 to 3 years after three consecutive normal results	Pap Smear with new sexual partner
Chlamydia and gonorrhea screening	All sexually active females, including asymptomatic women ages 25 years and younger		
Colon cancer screening		Beginning at age 50, fecal occult blood testing (guaiac-based test cards from three consecutive stool samples) or flexible sigmoidoscopy every 5 years or double-contrast barium enema every 5 years or colonoscopy every 10 years (ACOG, 2007). According to the latest screening guidelines from the American College of Gastroenterology, African American women should be screened for colorectal cancer every 10 years, beginning at age 45.	
Hypertension screening	Blood pressure screening every 2 years if less than 120/80 mm Hg; annual blood pressure screening if 120 to 139/80 to 89 mm Hg		
Influenza vaccine**	Annually between October and March for individuals ages 50 and above, those with chronic illnesses, members of the health care team, and others at high risk		
Pneumococcal vaccine**	Immunize individuals at high risk once; reimmunize once after 5 years if at risk for losing immunity		Immunize at age 65 if not done previously; reimmunize once if first vaccination received greater than 5 years ago and before age 65
Problem drinking screening	Screen for problem drinking among all adults and provide brief counseling		
Tobacco cessation counseling	Assess all adults for tobacco use and provide ongoing cessation services for those who smoke or are at risk for smoking relapse		
Total cholesterol and high-density lipoprotein cholesterol screening	Serum total cholesterol in all adults over age 20	Fasting fractionated lipid screening for men over age 34 and for women over age 44 every 5 years	
Vision screening			Asymptomatic elderly adults
** For the schedule of additional recommended immunizations, see Table 9-2. (ACOG, 2007; USPSTF, 2007; Institute for Clinical Systems Improvement, 2007)			