

ADULT PREVENTIVE HEALTH GUIDELINES

SCREENING TEST	AGE 18-34	35-49	50-64	65 AND ABOVE		
Blood Pressure	Age 18-39 Every 3-5 years		Age 40 & above Yearly		Detect high blood pressure which may lead to stroke and/or heart disease	
Blood Sugar			Age 40-70 Screen if overweight or obese		Detect diabetes	
Height & Weight / BMI	Periodically				Identify weight problems	
Cholesterol	Age 18-34 At your physician's discretion		Age 35 & above (Men) Age 45 & above (Woman) Every 5 years		Detect risk of heart disease and stroke	
Hearing	At your physician's discretion				Identify hearing loss	
Vision			Age 40 Comprehensive eye exam Age 65 & above Every 1-2 years		Detect vision disorder	
Mammography (Women only)	Age 18-39 At your physician's discretion		Age 40-54 Yearly Age 55+ Every 2 years		Early detection of breast cancer	
Pap Smear (Women only)			Age 21-64 Every 3 years		Age 65 & above At your physician's discretion	Early detection of cervical cancer
Prostate Specific Antigen (PSA-men only)			Age 50 Discuss with doctor about screening		Early detection of possible prostate cancer	
Sigmoidoscopy / Colonoscopy	Age 35-49 At your physician's discretion		Age 50 & above Every 5 yrs. (Sigmoidoscopy) Every 10 yrs. (Colonoscopy)		Detection of colon polyps and colon cancer	
Fecal Occult Blood	Age 35-49 At your physician's discretion		Age 50 & above Yearly		Early detection of colorectal cancer	
Bone Mineral Density (BMD)			Age 65 & above (Woman) Routinely		Detect osteoporosis	
Cancer Related Checkups Thyroid, Mouth, Skin, Ovaries, Testicles, Lymph Nodes	Age 20 & above Periodically				Early cancer detection	

IMMUNIZATIONS

Tetanus; Diphtheria; Pertussis	Age 18 & above One dose Tdap; Td booster every 10 years			Protect against Tetanus; Diphtheria; Pertussis
Pneumococcal	Age 65 1 dose PCV13 1 dose PPSV23 a year later			Protect against pneumonia
Influenza	Yearly			Protect against flu
Measles, Mumps, Rubella (MMR) (for adults without evidence of immunity)	Age 18 & above 1 or 2 doses			Protect against MMR
Varicella (for adults without evidence of immunity)	2 doses			Protect against chicken pox
Hepatitis B	3 doses			Protect against Hepatitis B
Human Papillomavirus (HPV)	Age 21 or under (Man) Age 26 or under (Woman) 3 doses			Protect against cervical, anal and throat cancer
Zoster	Age 50 & above 2 doses			Protect against shingles

Sources: Chinese Community Health Resource Center (CCHRC); U.S. Preventive Services Task Force; American Academy of Ophthalmology; American Cancer Society; U.S. Department of Health and Human Services

