


## GENERAL POPULATION PREVENTIVE MEDICINE GUIDELINES

	TABLE 3: 25 TO 64 YEARS*
PERIODIC HEALTH EXAMINATION RECOMMENDATIONS	
SCREENING	
Blood pressure	Each visit
Height & weight	Each visit
Fasting lipoprotein profile	Every 5 years
Blood glucose test	≥ Age 45 years, every 3 years
Clinical testicular exam	Every 1-3 years under age 40 years, then annually.
PSA test	Males, ≥ Age 50 years, annually
Digital rectal exam	Males, ≥ Age 50 years, annually
Fecal occult blood test	≥ Age 50 years, annually
1) Sigmoidoscopy 2) Colonoscopy	1) ≥ Age 50 years, every 5 years 2) ≥ Age 50 years, every 10 years
Clinical breast exam	Females ages 25-39 years - Every 3 years Females ages ≥ 40 years, annually
Mammogram	Females ages 35-40 years - Initial exam Females ages 40-49 years - every 1-2 years Females ages ≥ 50 years, annually
Papanicolaou (Pap) test	Females ages 25-29 years, annually ≥ Age 30 years, every 2-3 years in females who have had 3 consecutive, normal Pap tests
Rubella serology or vaccination history	Women of childbearing age
Assess for problem drinking	
IMMUNIZATIONS	
Influenza	≥ Age 50 years, annually
Rubella	Females of childbearing age; Serologic testing, documented vaccination history, and routine vaccination against rubella (preferably with MMR) are equally acceptable alternatives.
Tetanus-diphtheria toxoids (Td) and Tetanus, diphtheria and pertussis (Tdap)	Td booster every 10 years; substitute one dose of Tdap for Td if not previously vaccinated with Tdap.
Varicella	All adults without evidence of immunity, 2 doses of single-antigen varicella vaccine 4-8 weeks after the first dose.
Zoster	Age ≥ 60 years, single dose regardless of whether they report a prior episode of herpes zoster.
CHEMOPROPHYLAXIS	
Aspirin	Men aged 45-64 (heart attack prevention) and women aged 55-64 (stroke prevention) when potential cardiovascular benefit outweighs potential harm.
Discuss hormone prophylaxis	Peri- and post-menopausal women
Multivitamin with folic acid	Females planning / capable of pregnancy
COUNSELING	
Injury Prevention	Diet and Exercise
Lap/shoulder safety belts	Adequate calcium intake for females
Bicycle/motorcycle/ATV safety and helmet use	Regular physical activity
Firearm Safety	Limit fat and cholesterol; maintain caloric balance: emphasize grains, fruits, vegetables
Substance Abuse	Sexual Behavior
Avoid alcohol misuse	STD prevention, avoid high risk behavior, condoms/female barrier with spermicide
Avoid illicit drug use	
Avoid tobacco use / tobacco cessation interventions	
Counsel parents who smoke regarding effects of passive smoking on children's health	Dental Health
	Regular visits to dental care provider
	Floss, brush with fluoride toothpaste daily

\*Schedule: Every 1-3 years: The recommended schedule applies only to the periodic visit itself. The frequency of the individual preventive services listed in this table is left to clinical discretion, except as indicated.