


GENERAL POPULATION PREVENTIVE MEDICINE GUIDELINES

 BlueCross BlueShield of Louisiana <small>An independent licensee of the Blue Cross and Blue Shield Association</small>		TABLE 4: 65 YEARS AND OLDER*
PERIODIC HEALTH EXAMINATION RECOMMENDATIONS		
SCREENING		
Blood pressure	Each visit	
Height and weight	Each visit	
Fasting lipoprotein profile	Every 5 years.	
Abdominal aortic ultrasound	One-time screening for abdominal aortic aneurysm in men age 65-75 years who have ever smoked (at least 100 cigarettes/lifetime).	
Clinical testicular exam	Annually, men	
PSA test	Annually	
Digital rectal exam	Annually	
Fecal occult blood test	Annually	
1) Sigmoidoscopy 2) Colonoscopy	1) Every 5 years 2) Every 10 years.	
Central bone density measurement	Every 2 years for women beginning at age 65 years.	
Clinical breast exam	Annually, women	
Mammogram	Annually, women	
Papanicolaou (Pap) test	Every 2-3 years in women who have had 3 consecutive, normal Pap tests. Beginning at age 70 years, women who have had 3 or more consecutive normal Pap tests and no abnormal Pap test results in the last 10 years may choose to stop having cervical cancer screening.	
Vision screening		
Assess for hearing impairment		
Assess for problem drinking		
Assess for fall risk	Annual fall history with balance and gait screening if one fall is reported.	
IMMUNIZATIONS		
Influenza	Annually	
Pneumococcal vaccine	One dose at age \geq 65 years. Administer a one-time revaccination if the primary vaccination was \geq 5 years previously at age \leq 65 years.	
Tetanus and diphtheria toxoid (Td) booster	Every 10 years	
Zoster	Ages \geq 60 years, single dose regardless of whether they report a prior episode of herpes zoster.	
Varicella	All adults without evidence of immunity, 2 doses of single-antigen varicella vaccine 4-8 weeks after the first dose.	
CHEMOPROPHYLAXIS		
Aspirin	Men aged 65-79 (heart attack prevention) and women aged 65-79 (stroke prevention) when potential cardiovascular benefit outweighs potential harm.	
Discuss hormone prophylaxis	Peri and postmenopausal women	
COUNSELING		
Injury Prevention	Substance Use	
Lap/shoulder belts	Avoid alcohol misuse	
Motorcycle and bicycle helmets	Avoid illicit drug use	
Fall prevention	Avoid tobacco use / tobacco cessation interventions	
Safe storage/removal of firearms		
Smoke detector	Dental Health	
Set hot water heater to $<120-130^{\circ}\text{F}$	Regular visits to dental care provider	
CPR training for household members	Floss, brush with fluoride toothpaste daily	
Diet and Exercise	Sexual Behavior	
Limit fat and cholesterol; maintain caloric balance; emphasize grains, fruits, vegetables	STD prevention, avoid high-risk sexual behavior, use condoms	
Adequate calcium intake for women		
Regular physical activity		
<p>*Schedule: Every year: 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.</p>		