

Health Screenings and Preventive Services

These are recommended timeframes and do not account for additional factors such as family history, prior incidence, etc. which may indicate the need for earlier, more frequent, or extended health management.

Girls, Teens, Men, Women, Anyone, Seniors

American Cancer Society (ACS)

American Diabetes Association (ADA)

American Heart Association (AHA)

Centers for Disease Control and Infection (CDC)

WHAT	WHY
Bone Density Test (DEXA) for Osteoporosis M & W	Recommended by the National Osteoporosis Foundation beginning at age 50 and repeated at intervals to be determined by a physician to detect/monitor possible bone loss.
Cholesterol Test: M & W	The AHA recommends regular screenings for cholesterol begin at age 18 and be repeated at intervals determined by your primary care physician, to maintain healthy levels.
Colorectal Cancer M & W	The ACS recommends that some type of screening begin at age 50 and continue based on the recommendations of the physician. Type and frequency of screening to be determined by physician.
Diabetes: Hemoglobin A1C Blood Test A	The ADA recommends that diabetics have this test done at least once every 12 months to monitor blood glucose control. Keeping the Hemoglobin A1C level below 7 has been shown to significantly reduce the long-term complications of diabetes.
Diabetes: Microalbuminuria Test A	The ADA recommends that diabetics have a urine Microalbuminuria test done at least once every 12 months to monitor for diabetic kidney disease and to help reduce the risk of long-term complications of diabetes.
Gardasil Vaccine for Human Papillomavirus (HPV) G & W	To protect against the possibility of several types of cervical cancer, the CDC recommends all girls/young women ages 11-26 receive the vaccination series, prior to becoming sexually active.
Hypertension aka High Blood Pressure M & W	Uncontrolled high blood pressure can lead to heart attack, stroke, and heart and kidney failure. The AHA recommends screenings begin at age 18 and continue on a periodic basis to be determined by your PCP.
Immunizations A	The Advisory Committee on Immunization Practices to the CDC recommends that certain vaccines be administered at varying ages throughout life. http://www.cdc.gov/vaccines/recs/schedules/default.htm
Mammogram W	The National Committee for Quality Assurance and the American Cancer Society recommends that women over the age of 40 have an annual Mammogram for early detection of breast cancer.
Meningitis Vaccine T	The Advisory Committee on Immunization Practices to the CDC recommends all 11-18 year olds be vaccinated against Meningitis. Meningitis occurrence is high between the pre-teen years and college-age students. It can be fatal or can leave permanent damage such as hearing loss, neurological damage, or loss of limb.
Pap Test/Well Woman Exam W	The American Cancer Society as well as the National Committee for Quality Assurance recommends that women between the ages of 18 and 64 have a Pap test every one to three years for early detection of cervical cancer.
Pneumonia Vaccine S	Recommended by the CDC for anyone over age 65 , or younger if at increased risk.
Prostate Specific Antigen Test (PSA) M	Prostate Cancer is the number two cancer killer among men after skin cancer. The ACS believes all men age 50 and over be offered screening; especially those with relatives with prostate cancer.
Tetanus Booster Vaccine M & W	To protect against possible infection and/or death, a booster injection is recommended every ten years for people age 18 and above by the CDC.
Zostavax Vaccine S	Recommended by the CDC for all persons age 60+ to prevent shingles, a painful disease that causes nerve sensitivity.