

Wellness Guidelines

PREVENTIVE MEDICINE - WELLNESS GUIDELINES

M	F	PROCEDURE	FREQUENCY	AGE 15-34	35-39	40-44	45-49	50-64	65+
X	X	COMPLETE PHYSICAL EXAMINATION & HEALTH COUNSELING	Yearly	X	X	X	X	X	X
X	X	CANCER CHECK-UP*	Yearly	X	X	X	X	X	X
X	X	BLOOD PRESSURE CHECK	Yearly			X	X	X	X
X		PSA** PROSTATE CANCER BLOOD TEST	Yearly			X	X	X	X
X	X	EKG- (Stress Test recommended if over 40 years old and more than 1 risk factor for heart disease)	Baseline Every 3-4 years			X	X	X	X
X	X	RECTAL EXAM	Yearly					X	X
X	X	HEMOCCULT** (Stool for hidden blood)	Yearly					X	X
X	X	COLON EXAM	Every 5 years					X	X
	X	PELVIC EXAM & PAP SMEAR (May be less frequent after 3 normal pap smears or after hysterectomy)	Yearly	X	X	X	X	X	X
	X	BREAST EXAM	Yearly	X	X	X	X	X	X
	X	MAMMOGRAM	Baseline Yearly		X	X	X	X	X
X	X	TETANUS BOOSTER	Every 10 years	X	X	X	X	X	X
X	X	AUDIOGRAM	Every 2 years						X
	X	BREAST SELF EXAM	Monthly	X	X	X	X	X	X
X		TESTICULAR SELF EXAM	Monthly	x	x				
X	X	SKIN SELF EXAM	Monthly	X	X	X	X	X	X
X	X	GLAUCOMA CHECK	Every 2 years						X
X	X	FLU (Influenza) VACCINE (If high risk***)	Every October	X	X	X	X	X	X
X	X	PNEUMONIA VACCINE (If high risk***) (1 time, booster every 5 years)		X	X	X	X	X	X

MISCELLANEOUS:

WOMEN OF CHILD BEARING AGE WHO HAVE NOT HAD CHICKEN POX & ARE NOT PREGNANT SHOULD RECEIVE THE CHICKEN POX VACCINATION.

BASED ON INDIVIDUAL RISK, A PATIENT MAY BE ADVISED TO HAVE AN ENDOMETRIAL BIOPSY (WOMB LINING BIOPSY) OR SCREENING FOR TB AND SESUALLY TRANSMITTED DISEASES.

* TO INCLUDE EXAMINATION FOR CANCER OF THE THYROID, TESTICLES, OVARIES, LYMPH NODES, ORAL REGION & SKIN

** BEGIN AT AGE 40 IF FAMILY HISTORY OF PROSTATE OR COLON CANCER, AFRICAN-AMERICAN MEN NEED TO BEGIN TESTING PSA AT AGE 40.

*** HIGH RISK = 65 OR OLDER (50 OR OLDER FOR PNEUMONIA VACCINE), ANYONE WITH CHRONIC DISEASE (ASTHMA,

HEART DISEASE, LUNG DISEASE, ANEMIA, DIABETES, ETC.).