2004 Preventive Health Guidelines for Adult Women

	19 – 39 Years	40 – 49 Years	50 – 64 Years	65+ Years
Periodic Health Visit ***Frequency*** ***History*** ***Physical***	• Every 1 – 5 years. • Complete/update including family history, diet, activity, tobacco/alcohol/drug use, and sexual practices. • Exam to include height/weight, body mass index (BMI), blood pressure.	• Every 1 – 3 years. • Complete/update including family history, diet, activity, tobacco/alcohol/drug use, and sexual practices. • Exam to include height/weight (BMI), blood pressure.	• Every 1 – 3 years. • Complete/update including family history, diet, activity, tobacco/alcohol/drug use, and sexual practices. • Exam to include height/weight (BMI), blood pressure.	• Every 1 – 3 years. • Complete/update including family history, diet, activity, tobacco/alcohol/drug use, and sexual practices. • Exam to include height/weight (BMI), blood pressure. • Vision and hearing screening.
Lab/Tests/ Other exams	• If risk factors for coronary heart disease, non-fasting cholesterol/HDL or fasting complete lipoprotein profile for women ages 20+ every 5 years. • Pap smear every 1 – 3 years. • Chlamydia screening for all sexually active women age 25 or younger and other at risk women. • Breast exam with physical. • Rubella antibody screening once for women of child-bearing age.	• If risk factors for coronary heart disease, non-fasting cholesterol/HDL or fasting complete lipoprotein profile for women ages 20+ every 5 years; all women begin above screening age 45. • Pap smear every 1 – 3 years. • Breast exam with physical. • Mammogram every 1 – 2 years until age 50.	• Fasting complete lipoprotein profile or non-fasting total cholesterol/HDL every 5 years until age 65. • Stool for occult blood annually and flex sigmoidoscopy every 5 years OR colonoscopy every 10 years. • Pap smear every 1-3 years. May stop at age 65 if all Paps normal. • Annual breast exam for women. • Mammogram required yearly 50-64. • Recommend thyroid test once. • Routine screening for osteoporosis for high risk women age 60+.	• Fasting complete lipoprotein profile or non-fasting total cholesterol/HDL every 5 years until age 75 (if high risk). • Stool for occult blood annually and flex sigmoidoscopy every 5 years OR colonoscopy every 10 years. • Annual breast exam for women. • Mammogram required yearly to age 70, after age 70, as indicated. • Thyroid screening once if not previously done. • Routine screening for osteoporosis.
Immunizations	• Tetanus booster every 10 years. • Consider pneumococcal vaccine once and influenza vaccine annually for high-risk persons. • Consider varicella immunity, especially high-risk persons.	• Tetanus booster every 10 years. • Consider pneumococcal vaccine once and influenza vaccine annually for high-risk persons.	• Tetanus booster every 10 years. • Consider pneumococcal vaccine once for high-risk persons. • Influenza annually**.**	• Tetanus booster every 10 years. • Pneumococcal vaccine x1 lifetime from age 65. • Influenza annually from age 65.
Counseling	• Diet education including calcium for all women and 0.4mg folic acid daily for women at risk for pregnancy. • Exercise promotion. • Substance use/abuse prevention. • Dental health. • Self-exam of breasts. • Sexual practice safety to include HIV risk review. • Injury prevention to include seat belt/helmet use. • Solar skin protection. • Risk screening for life stage issues (i.e., family, child, depression).	• Diet education including calcium and folic acid, as needed. • Exercise promotion. • Substance use/abuse prevention. • Dental health. • Self-exam of breasts. • Sexual practice safety to include HIV risk review. • Injury prevention to include seat belt/helmet use. • Solar skin protection. • Risk screening for life stage issues (i.e., depression, bereavement, menopause, job change). • Consider referral for glaucoma screening for high-risk groups (family history, African-American, diabetes, hypertension, myopia, steroid use).	• Diet education including calcium and Vitamin D. • Exercise promotion. • Substance use/abuse prevention. • Dental health. • Self-exam of breasts. • Risk/benefit of hormone replacement**/** management of menopause. • Sexual practice safety to include HIV risk review. • Injury prevention to include seat belt/helmet use. • Solar skin protection. • Risk screening for life stage issues (i.e., depression, bereavement, menopause).	• Diet education including calcium and Vitamin D. • Exercise promotion. • Substance use/abuse prevention. • Dental health. • Self-exam of breasts. • Sexual practice safety to include HIV risk review. • Injury prevention to include seat belt/helmet use and falls. • Solar skin protection. • Risk screening for life stage issues particularly depression.

High Risk Persons:
Influenza -- Adults 50+, people under 50 with heart disease, lung disease, diabetes, renal dysfunction, hemoglobinopathies, immunosuppression and/or living in chronic care facilities, persons caring for high risk persons including health care workers, women in third trimester of pregnancy or puerperium during flu season.
Pneumococcal -- Adults 65+, people under 65 with chronic disease or other risk factors (chronic cardiac and pulmonary diseases, anatomic or functional asplenia, chronic liver disease, alcoholism, diabetes mellitus and HIV infection). Consider for chronic renal failure, Hodgkin's disease, carcinoma or organ transplants
*Family History of Colon Cancer -- Colonoscopy every 5 years from age 40 or from 10 yrs. before earliest onset of family case.
*Type 2 Diabetes: Begin targeted screening for those at high risk for diabetes starting at age 30.
*Aspirin therapy should be considered for all adults at risk for coronary heart disease.
*TB screening by PPD as indicated. *Review importance of advance directives.

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