

CHECK IT OUT ✓

HEALTH SCREENING INFORMATION FOR ADULTS

These are screenings you need to have done every year starting at age 19 and throughout your adult life:

- A yearly age-appropriate **physical examination** that includes height/weight, BMI (Body Mass Index), blood pressure measurement, TB screening, and hearing and vision screenings.
- Mental health well-being screening.
- **Immunizations:** yearly “flu” shot, Pneumonia vaccine if at elevated risk, check your hepatitis A and B status, and boosters as recommended
- **Dental** visit every six months to treat and prevent dental diseases
- **Glaucoma** exam once for baseline, and every 3-5 years if high risk.
- Total **skin examinations** every 3 years between 20 and 39 years regardless of skin tone and color.
- Females: **breast exam** by the physician as appropriate with health history and family history to identify risk factors...first **pap smear** by age of 21, then every 1-2 years as recommended by physician.
- Males: **testicular exam** by the physician if recommended.
- **Cholesterol** level baseline and then every five years
- **Diabetes** (Type 2) screening at least every 5 years.
- Screening of Liver Function, Cardiovascular Disease, and difficulty with swallowing and risk of aspiration **(these could be associated with long term prescription medication use, or related to some syndromes and developmental disabilities and neuromuscular dysfunction.)*
- **Bone density** screening if risk factors present: long term prescription use, mobility impairments, hypothyroid, and post-menopausal women.
- If sexually active: screen for Chlamydia and gonorrhea, and screenings for HIV and Hepatitis B and C if risk factors.
- For persons with **Down’s Syndrome:** a thyroid function test every 3 years, baseline cervical spine X-ray, and echocardiogram baseline.

Starting at age 40 you will need to include these screenings to your health check-up:

- Females: your doctor may encourage you to get an annual **mammogram**.
- Male: **digital rectal exam** if risk factors for prostate cancer such as family history and African American ancestry. **PSA** (Prostate specific antigen) screening in high risk-patients.
- Eye examination for **glaucoma** increases to every 2-4 years.
- **Diabetes** (Type 2): after the age 45 increase screening to every 3 years.
- **Skin cancer exam** yearly regardless of skin tone and color.

At the age of 50, you will need to add these health screenings to your check-up:

- **Immunizations**: Zoster (Shingles) Vaccine once after age 60, yearly “flu” shot, and check the status of your boosters!
- Females: annual **mammogram** and continue with clinical breast exams and **pap smears** as recommended by your physician.
- Males: **digital rectal exam** and **PSA** blood tests.
- Screening for **colorectal cancer** through Fecal Occult Blood testing and sigmoidoscopy every 5 years or colonoscopy every 10 years.

As you reach age 65 years and older, please consider these screenings in addition to your yearly exam:

- Eye examination for **glaucoma** increases to every 1-2 years.
- **Immunizations**: Pneumonia vaccine at least once after age of 65, even if vaccinated before 65 years. Yearly “flu” shots and check your boosters!
- Females: annual **mammogram** through age 69, then at discretion of your physician after the age of 70. Cervical may be omitted if normal history.
- **Bone mass density** (BMD) testing – talk to your doctor about **fall prevention**.