

Age-Specific Preventive History Chart: ADULT

AGE (yrs)	18	19	20	21	22	23	24	25	26	30	35	40	45	50	55	60	65	70	75	
CANCER AND CHRONIC DISEASES																				
Abdominal Aortic Aneurysm ¹																Men with history of smoking: one-time screening by ultrasound				
Aspirin Therapy ¹													Men: consider when benefit outweighs harm							
																			Women: consider when benefit outweighs harm	
Breast Cancer ¹																All women: screen with mammography at least once every 2 years				
	Women with certain risk factors may need additional screening, testing, and chemoprevention																			
Cervical Cancer ^{1,2}						Women: screen with Pap smear every 2 years					Women: screen with Pap smear every 2 years; after 3 consecutive negative, then every 3 years									
	Women with certain risk factors may need more frequent screening																			
Colorectal Cancer ³																Screen every 1 to 10 years depending on method				
																			Depending on family history	
Depression ¹	Screen in clinical setting with systems in place to assure accurate diagnosis, effective treatment, and follow up																			
Hypertension ¹	Routine screening every 1 to 2 years																			
Lipid Disorders ¹						Men: screen if high risk for coronary heart disease					All men: screen every 5 years									
																			All women: screen if high risk for coronary heart disease	
Obesity ¹	All adults: screen with body mass index annually, and offer intensive counseling and behavior interventions to promote sustained weight loss																			
Osteoporosis ¹																All women: screen routinely				
																			At risk women: screen	
Tuberculosis ⁴	High-risk adults; targeted testing																			
Type 2 Diabetes ^{1, 5}	Screen individuals with sustained blood pressure > 135/80; consider screening individuals with identified major risk factors for type 2 diabetes																			
SEXUALLY TRANSMITTED INFECTIONS (STIs)																				
Counseling ¹	All adults at increased risk: high-intensity behavioral counseling																			
Chlamydia/Gonorrhea ¹	All women from onset of sexual activity: screen annually					At risk women: screen as medically indicated (based on individual or population risk factors)														
HIV ¹	Adults at increased risk: screen at least once; repeat testing to be considered annually as medically indicated																			
Syphilis ¹	Adults at increased risk: screen as medically indicated																			

Sources: 1 = U.S. Preventive Services Task Force

2 = American Congress of Obstetricians and Gynecologists

3 = American Cancer Society

4 = Centers for Disease Control and Prevention

5 = American Diabetes Association

6 = Institute of Medicine

7 = U.S. Department of Health and Human Services

**No national reference; recommendation reflects expert practical opinion of the Department of Public Health, Brody School of Medicine*

Screening: Counseling: Immunization: At-risk:

Disclaimer: Every attempt was made to include the most current evidence-based recommendations. This list is not meant to be all-inclusive or a substitute for clinical judgement.

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LIFESTYLE																				
Alcohol Misuse ¹	All adults: screen, counsel, and treat as medically indicated																			
Calcium ⁶	All adults: assess calcium intake. Recommend 1000 - 1200 mg per day depending on age and gender + Vitamin D																			
Contraception*	Counsel at least once per year and whenever emergency contraception is prescribed																			
Domestic Violence ²	Women: screen for intimate partner violence at health maintenance visits																			
Folic Acid ¹	All women capable of pregnancy: take a daily supplement containing 0.4 - 0.8 mg of folic acid																			
Healthy Diet* ¹	All adults: assess habits, targeted counseling as medically indicated*																			
	Adults with hyperlipidemia and risk factors for cardiovascular disease: intensive behavioral dietary counseling ¹																			
Physical Activity/Exercise ⁷	For substantial health benefit: recommend 150 minutes per week, moderate intensity, or 75 minutes per week, vigorous intensity																			
Substance Abuse ⁴	All adults: assess use, counsel, and treat as medically indicated																			
Tobacco Use ¹	All adults: screen at every medical encounter; counsel and treat as medically indicated																			
IMMUNIZATIONS⁴																				
Hepatitis A	At risk adults: 2 doses at least 6 months apart																			
Hepatitis B	At risk adults: 3 doses (2nd dose given 1 - 2 months after initial dose, 3rd dose 4 - 6 months after initial dose)																			
HPV	All adults not previously immunized through age 26: 3 doses (2nd dose given 1 - 2 months after initial dose, 3rd dose 6 months after initial dose)																			
Influenza	All adults: 1 dose annually																			
Measles, Mumps, Rubella	Adults without immunity: 1 or 2 doses												At risk adults without immunity: 1 dose							
Meningococcal	At risk adults: 1 or more doses (as medically indicated)																			
Pneumococcal	At risk adults: 1-2 doses																All adults: 1 dose			
Td/Tdap	All adults should receive 1 dose of Td every 10 years; substitute 1 dose of Tdap for Td for persons less than 65 years of age																			
Varicella	Adults without immunity: 2 doses (2nd dose 4 - 8 weeks after initial dose); contraindications: pregnancy, might become pregnant in 4 weeks, immunocompromised																			
Zoster																	All adults: 1 dose			

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