

# Preventive Medicine

		<b>Ages 18-39</b>	<b>Ages 40-49</b>	<b>Ages 50-64</b>	<b>Ages 65+</b>
<b>Cholesterol Screening</b>	Men & Women	starting at age 20 every 5 years	every 5 years	every 5 years	every 5 years
<b>Blood Pressure</b>	Men & Women	every 2 years	every 2 years	every 2 years	every 2 years
<b>Weight</b>	Men & Women	Every 1-3 years. Screen adults for obesity. Offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults. Intensive counseling involves more than one session per month for at least 3 months.			
<b>Body Mass Index (BMI)</b>	Men & Women	Frequency at physician discretion			
<b>Hearing and Vision</b>	Men & Women			60+ yearly	yearly
<b>Stool for Occult Blood*</b>	Men & Women			yearly	yearly
<b>Double Contrast Barium Enema* or Flexible Sigmoidoscopy* or Colonoscopy*</b>	Men & Women			Double Contrast Barium Enema every 5 years or Flexible Sigmoidoscopy every 5 years or Colonoscopy every 10 years	
<b>Testicular Exam</b>	Men	yearly			
<b>Clinical Prostate Exam/PSA</b>	Men			yearly	yearly
<b>Bone Mineral Content</b>	Women				once
<b>Clinical Breast Exam/ Teach Breast Self-Exam (BSE)</b>	Women	20+ every 1-3 years	yearly	yearly	yearly
<b>Mammogram*</b>	Women		yearly	yearly	yearly
<b>Pap Smear</b>	Women	Yearly, starting no later than 21 years of age. After three or more consecutive normal results, Pap smears may be performed every 2-3 years on low risk women at the clinician's discretion. Women $\geq$ 70 years of age with $\geq$ 3 normal Pap tests in a row and no abnormal Pap test results in the last 10 years may choose to stop screening.			

\*May be performed earlier at clinician's discretion.