Preventive Medicine - Keeping You Well

WESTMED Medical Group is pleased to present **preventive health guidelines** for adult patients. We believe that when you stay on top of the screenings you need and see your primary care physician for regular comprehensive physical examinations, you increase your chances of staying healthy.

In preparing the following preventive health guidelines, leading medical experts and specialty associations were consulted. The guidelines are general and recommended for certain age ranges. Please remember this information is a guide and does not take the place of a discussion with your physician during your visit where you can make informed decisions about your health care.

Women Age 18-40

- Physical exam every 2 years to include blood pressure, height and weight and other recommended lab tests and screenings
- Cholesterol testing every 5 years
- Pelvic exam, Pap test and HPV screening every 1-3 years as recommended by your gynecologist
- Breast exam every 1-3 years
- Vaccines - tetanus recommended every 10 years, pertussis (whooping cough) once as an adult, human papilloma virus under age 26, pneumonia vaccine once for those with chronic heart or lung disease and diabetes, and annual flu vaccine.

Women Age 40-50

- Annual physical exam to include blood pressure, height and weight and other recommended lab tests and screenings
- Cholesterol testing every 5 years
- Pelvic exam, Pap test and HPV screening every 1-3 years as recommended by your gynecologist
- Annual breast exam and mammogram every 1-2 years based on your risk factors and discussion with your physician
- Vaccines - tetanus recommended every 10 years, pertussis (whooping cough) once as an adult, pneumonia vaccine once for those with chronic heart or lung disease and diabetes, and annual flu vaccine.

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Women Age 50-74:

- Annual physical/wellness exam to include blood work for cholesterol, diabetes and other recommended lab tests and screenings
- Pelvic exam with Pap test as recommended by your gynecologist
- Mammogram and breast exam every 1-2 years
- Bone density testing every 2-5 years based on risk assessment
- Colonoscopy to screen for colon cancer every 5-10 years based on risk assessment and prior results.
- Tetanus immunization recommended every 10 years and herpes zoster (shingles) vaccine once over age 60, pneumonia vaccine once for those with chronic heart or lung disease and diabetes and all those 65 and older
- Annual influenza vaccine

Women Age 75 and Over

- Annual physical/wellness exam to include blood work for fall risk, cognitive screen, cholesterol, diabetes and other necessary lab tests and screenings
- Annual flu vaccine
- Mammogram and colonoscopy as per preference and discussion with physician
- Bone density test every 2-5 years

Men Age 18-40

- Physical exam every 2 years to include blood pressure, height and weight and other necessary lab tests and screenings
- Cholesterol testing every 5 years
- Vaccines - tetanus recommended every 10 years, pertussis (whooping cough) once as an adult, pneumonia vaccine once for those with chronic heart or lung disease and diabetes

Men Age 40-50

- Annual physical exam to include blood pressure, height and weight and other necessary lab tests and screenings
- Cholesterol testing every 5 years
- Vaccines - tetanus recommended every 10 years, pertussis (whooping cough) once as an adult, pneumonia vaccine once for those with chronic heart or lung disease and diabetes

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Men Age 50-65

- Annual physical exam to include blood pressure, height and weight and blood work for cholesterol, diabetes and other necessary screening
- Colonoscopy to screen for colon cancer every 10 years
- Screening for prostate cancer with serum prostate-specific antigen (PSA) is controversial. WESTMED currently recommends that patients discuss the pros and cons of such testing with their primary care provider
- Tetanus recommended every 10 years and herpes zoster (shingles) vaccine once over age 60, pneumonia vaccine once for those with chronic heart or lung disease and diabetes
- Annual influenza vaccine

Men Age 65 and Over

- Annual physical exam to include blood pressure, height and weight and blood work for cholesterol, diabetes and other necessary screening
- Colonoscopy to screen for colon cancer every 10 years
- Screening for prostate cancer with serum prostate-specific antigen (PSA) is controversial. WESTMED currently recommends that patients discuss the pros and cons of such testing with their primary care provider*
- Tetanus recommended every 10 years and herpes zoster (shingles) vaccine once over age 60, pneumonia vaccine once for those with chronic heart or lung disease and diabetes
- Annual influenza vaccine
- Pneumonia vaccine at age 65. One shot lasts most people a lifetime

  * PSA screening is not recommended for men 75 and older.