HPMC OCCUPATIONAL MEDICAL SERVICES

PREVENTIVE HEALTH SCREENINGS FOR ADULTS

WOMEN

BREAST EXAM	*Have a clinical breast exam performed by your healthcare provider every 1-3 years.*
Report any changes in your breasts to your healthcare provider right away.	
MAMMOGRAM (x-ray of breast)	Starting at age 40 every 1-2 years.
Your healthcare provider will help determine the frequency and age of testing based on your risk.	
OSTEOPOROSIS SCREENING (bone health screening)	Discuss your risks with your healthcare provider and have a bone mineral density test by age 65.
Earlier screening may be recommended based on your risk for fractures and osteoporosis.	
CERVICAL CANCER SCREENING (Pap smear)	Exams should begin about 3 years after you start having sex or at age 21. Your healthcare provider will recommend screening every 1-3 years.
Discontinuation of routine screening in older women 65+ who have had adequate recent screening with normal Pap smears or women who have had a total hysterectomy for benign disease may be appropriate. Discuss with your healthcare provider.	

MEN

PROSTATE CANCER SCREENING	Every year starting at age 50.
Your healthcare provider should offer you a blood test to check PSA (prostate-specific antigen) and a rectal exam to check your prostate gland. She/he should talk to you about the benefits and risks of testing so you can make an informed decision. *African-American men and those with a family history of prostate cancer should discuss these risks with their healthcare providers starting at age 45.*	
ABDOMINAL AORTIC ANEURYSM SCREENING	One-time screening by ultrasonography in men aged 65 to 75 who have ever smoked.

Main Clinic 376-3333
Health Education 376-3939
www.hanford.gov/amh

See reverse side for General Screening Information

HPMC OCCUPATIONAL MEDICAL SERVICES

PREVENTIVE HEALTH SCREENINGS FOR ADULTS

GENERAL SCREENING (Male and Female)

GENERAL PHYSICAL EXAM	At least every 5 years starting at age 20. Discuss with your healthcare provider.

Frequency will depend on age/risk and should include assessment and discussion of:

Cancer(s)
Tobacco use
Sexually transmitted diseases
Alcohol misuse
Obesity
Nutrition
Exercise
Immunization status
Domestic violence

BLOOD PRESSURE SCREENING	Start at age 18. At each office visit or at least every 2 years.
SKIN CANCER SCREENING	Discuss frequency with your health-care provider.

*Follow **ABCD** criteria for evaluating suspicious moles:*

***Asymmetry-** sides not matching*
***Border-** irregular shape*
***Color-** variations*
***Diameter-** larger than 6 mm*

LIPID SCREENING (Test for cholesterol and other fats in the blood)	Start at age 20. Every 5 years or as advised by your healthcare provider.

Individuals at increased risk of coronary heart disease should be screened more frequently. Discuss with your healthcare provider.

COLORECTAL CANCER SCREENING	Starting at age 50; earlier for certain high-risk individuals. Discuss with your healthcare provider.

Your healthcare provider will help you decide the type of examination that is best for you and the screening frequency based on your risk. Potential screening options include fecal occult blood testing, flexible sigmoidoscopy, colonoscopy and double-contrast barium enema.

DENTAL EXAM	1-2 times every year.
VISION	Every 5 years or as advised by your eye healthcare provider.

Adults age 65+ should be screened routinely for diminished visual acuity. Glaucoma screening is recommended at age 65+ or age 60+ if you are African American.

SPECIAL POPULATIONS

DIABETES MELLITUS, SCREENING FOR TYPE 2

Adults with hypertension or hyperlipidemia should be screened.

DAILY ASPIRIN USE

Adults age 40+ and others at increased risk for heart disease should ask their healthcare provider about the benefits and risks of daily aspirin therapy for the prevention of cardiovascular events.

See reverse side for Male/Female Screening Information