

## ***U.S. National Preventative Task Force Screening Recommendations***

- Abdominal Aortic Aneurysm screening for men age 65-75 with history of tobacco use.
- Alcohol use screening by standard questionnaire
- Aspirin use is only recommended in high risk men age > 35 and women age > 45, and at most **every other day** due to the increased risk of GI distress/stomach ulcers otherwise over lifetime
- Tobacco use screening by standard questionnaire. If positive, then counseling to quit using any medications or help necessary is recommended. There is now a recommendation to use a low dose CT scan of the lung if age is > 55 and a 30 pack year history of cigarette smoking exists, and it is within 15 years of quitting, or patient is actively smoking and life expectancy is reasonable.
- Breast Cancer screening by mammogram every 1-2 years after age 40
- Cervical Cancer screening by pap test every 1-3 years age 21-65
- Colon Cancer screening by colonoscopy every 10 years (or as directed) starting at age 50, or possibly earlier if family history of colon cancer exists
- Depression screening annually
- Hepatitis C screening once in lifetime for people born 1945-1965, as a cure is now available
- High blood pressure screening annually
- Diabetes (sugar) screening if high risk exists, such as high blood pressure or obesity
- HIV screening is offered anytime and recommended age 21-65, especially in high risk individuals.
- Osteoporosis (bone loss) screening by DEXA (which is a specialized x-ray of the back and hip) is recommended every 2 years starting at age 65 or earlier in high risk individuals, such as chronic steroid use, tobacco use, and sedentary individuals
- Prostate Cancer screening with the blood test PSA is not recommended by this advisory group, however many groups do advise it especially in men age 50-70
- Cholesterol (lipid) screening especially men > 35 and women > 45 y/o especially in high risk groups such as family history of heart disease/known high cholesterol
- Pneumonia vaccine should be given early in high risk individuals such as tobacco users/emphysema/asthma/heart patients, then once after age 65 for all people. There is no recommendation difference between Prevnar 13 (13 subtypes) and the standard pneumococcal 23 (23 subtypes). The pneumonia shot **only protects against pneumococcal pneumonia** (which is one of the most life threatening pneumonias) so be wary of other types of pneumonia
- Influenza (flu) vaccine is recommended to all people once a year to protect against getting, as well as giving, the flu to the public.
- Tetanus/diphtheria/pertussis (TDAP) is recommended every 10 years
- Shingles vaccine is recommended once in lifetime after age 60. It is thought that shingles may be as high as 1 out of 3 adults, and can be a painful and severely debilitating disease.
- HPV vaccine (genital warts) is recommended to women up to age 26, and now men up to age 21 (or up to age 26 in high risk men) to help protect women against cervical cancer or other complications.