

ADULT PREVENTIVE HEALTH GUIDELINES **AGES 18-49**; US Preventive Service Task Force Recommendations:

These guidelines are minimal requirements for healthy adults/ seniors in working population at BNL.

These guidelines also suggest that individuals “at risk” may require more frequent evaluations and test than those specified below.

It is the responsibility of the treating practitioner to provide preventive health services to meet the particular health needs of each patient.

Recommendation	18 to 39 years old	40-49 years old
<u>Health Assessment Screening</u>	A Physical Exam every 1 to 5 years according to risk status which include: <ul style="list-style-type: none"> • Height, Weight and body mass index (BMI) • Risk evaluation and Counselling (Nutrition, Exercise, Dental Health, Immunizations, Sexual & Mental Health and Safety recommendations). 	
<u>Blood Pressure</u>	Visit every 3-5 years if you have no risk factors for high blood pressure or Once every year if you have a risk factor , such as, diabetes, overweight, etc.	Every year
<u>Lipid measurement</u>	If you are over 20 years old and are at risk for Coronary Artery Disease, Otherwise you should start at age 35 for men and 45 for women . Afterwards every 3 to 5 years depending on certain health factors. See your doctor for an evaluation.	Every year
<u>Glucose measurement</u>		Screening for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese.
<u>Cervical cancer Screening (PAP)</u>	Screening for cervical cancer in women age 21 to 65 years with cytology (Pap smear) every 3 years or, Age 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and human papillomavirus (HPV) testing every 5 years .	
<u>Chlamydia and Gonococcal Screening</u>	Recommended for all sexually active women age 24 and younger, and for sexually active women age 25 and older if high-risk (i.e., new or multiple sexual partners, history of sexually transmitted infections, not using condoms consistently or correctly)	
<u>Mammography with or without Clinical Breast Exam</u>	No recommendations between the ages of 18 to 39.	<u>Screening every 2 years depending on individual factors.</u>
<u>Folic Acid</u>	All women planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid	
<u>Infectious disease: Hepatitis B HCV & HIV Screening</u>	Screening for hepatitis B and hepatitis C virus (HCV) infection in persons at high risk for infection. Screen for HIV infection in adolescents and adults aged 15 to 65 years. Younger adolescents and older adults who are at increased risk should also be screened. Consult your doctor for evaluation.	

Reference: <http://www.uspreventiveservicestaskforce.org/Page/Name/home>

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Immunizations	Tdap (Tetanus, diphtheria, pertussis-whooping cough) once after age 11, then Td every 10 years Varicella ; If no immunity- should receive 2 doses of varicella vaccine or a second dose if only 1 dose received. HPV : A complete HPV vaccination series consists of 3 doses; males & females ages 11-26. Meningococcal B : should be given to persons aged ≥ 10 years who are at increased risk for serogroup B meningococcal disease MMR : All adults born in 1957 or later should have documentation of 1 or > doses of MMR or lab evidence of immunity to 3 diseases
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