

RECOMMENDED SCREENINGS AND TESTS FOR ADULTS AGE 55+

Detect / Prevent	Test	Frequency	Gender	Recommended by:
Colon Cancer	Fecal occult blood testing	Annually	M,F	1, 2 ,3 ,5 ,6
	Sigmoidoscopy	Every 3 to 5 years (Or colonoscopy or barium enema every 5 to 10 years)	M,F	1, 2, 3, 5, 6
Breast Cancer	Mammogram	Every 1 to 2 yrs. Through age 69 Every 1 to 3 years age >70	F	1, 2, 3, 4, 5
	Clinical breast exam	Annually	F	1, 2, 3, 4, 5
Cervical, Uterine Cancers	Papanicolaou (PAP) test	Every 2 to 3 yrs after 3 negative annual exams; can decrease or discontinue after age 69	F	1, 2, 3, 4, 5
	Digital rectal exam/PSA serum level	Annually for males with life expectancy >or =10yrs.	M	2, 3, 8
Prostate Cancer Cancer, others	Exams of skin, mouth, thyroid, testicles, ovaries, and nodes	Annually	M, F	3
	Hypertension	Blood Pressure	Every medical exam; at least 1 to 2 yrs	M, F
Hyperlipoproteinemia	Lipid measurement	Every 5 years	M, F	1, 2, 5, 9
Diabetes Mellitus	Glucose	Annually, starting at age 65	M, F	2, 7
Obesity, Malnutrition	Height and Weight	Annually	M, F	1, 2, 5
Osteoporosis	Bone density measurement	Once after age 65 for women with risk factors for Osteoporosis	F	2
		women / men who take glucocorticoids	M,F	2, 7
		once for all women age 65 or older regardless of risk factors	F	10
Vision Loss	Vision Screening	Annually starting at age 65	M,F	1, 2, 5
Hearing Loss	Hearing Assessment	Annually starting at age 65	M,F	1, 2, 5
Hypothyroidism	Thyroid-stimulating hormone (TSH)	Every 5 years	F	2
Influenza	influenza vaccine	Annually, starting at age 65	M,F	1, 2, 4, 5
Pneumonia	Pneumococcal Vaccine	Once at age 65 or older (booster shot every 10 yrs)	M,F	1, 2, 5, 6
Tetanus, Diphtheria	Tetanus-diphtheria booster	Every 10 years	M,F	1, 2, 5

Recommendations from: 1) U.S. Preventative Services Task Force www.ahrq.gov 2) Merck Manual of Geriatrics; 3) American Cancer Society; 4) American Geriatrics Society; 5) American Academy of Family Physicians; 6) American Medical Association; 7) American Diabetes Association; 8) American Urological Association; 9) American Heart Association; 10) National Osteoporosis Foundation; also, see reference 1.

Screening Tips

Schedule annual appointments at a convenient time each year. An annual physical may be easier to remember when scheduled during the month of a birthday or wedding anniversary. Also, schedule your appointment in the morning when fasting for lab work is necessary.

An annual physical should be head to toe, including:

1. The physical-vital signs, reflexes, hearing, balance, cardiovascular exam.
2. Lab work- may include hematocrit and hemoglobin, blood urea nitrogen (BUN) and creatinine (to check kidney function), electrolytes, and cholesterol levels. Urine sample test is also common.
3. EKG and/or chest x-ray - to help identify problems with heart of lungs. Age, medical history and current health status, risk factors determine necessity of these tests.

Organize your records in a folder, notebook, or computer.

Include previous health and surgical history, family history, social history (tobacco/alcohol use, marital status, children, employment), allergies to medications / foods / environmental agents, your current level of health, and a complete list of scheduled and as-needed medications including prescription, over-the-counter, herbal and vitamin preparations.