

**Heart Disease Screening Guidelines from the American Heart Assoc.**

<b>Physical exam, including personal and family medical history</b>	Age 20 - 59	Every 5 years
	Age 60 - 75	Every 2.5 years
	Over 75	Every year
<b>Blood Pressure</b>	Age 20 - 75	Every 2.5 years
	Over 75	Every year
<b>Cholesterol and triglycerides</b>	Age 20 - 75	Every 5 years
	Over 60	At physician's discretion
<b>Fasting glucose for diabetes</b>	Age 20 - 75	Every 5 years
	Over 75	At physician's discretion
<b>Electrocardiography</b>	At ages 20, 40, and 60	
<b>Baseline chest x-ray (which provides a picture of the heart)</b>	At age 40	

**Note:** These guidelines are for people who are healthy and have no symptoms. If you have symptoms, a family history of cancer, heart disease or diabetes, or are otherwise at risk for these conditions, you may need to be tested more frequently.



# Adult Health Maintenance Guide

## *Cancer Screening & Heart Disease Screening Guidelines*



**Jefferson County Public Health**

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[www.jeffco.us/health](http://www.jeffco.us/health)

*Public Health...Everyday, Everywhere, Everyone*

## Cancer Screening Guidelines from the American Cancer Society

The Breast Cancer Test	Who Should Have	When
<b>Breast Self-exam</b>	Women age 20 and over	Every Month
<b>Professional breast exam</b>	Women age 20 - 40	Every 3 years
	Women over 40	Every year
<b>Mammography</b>	Women age 35 - 39	One baseline exam
	Women 40 and over	Every year
<b>Pap test and pelvic exam</b>	Women who are or have been sexually active, or have reached age 18	Every year; after 3 or more consecutive satisfactory normal annual exams, the Pap test may be performed less frequently at the discretion of the physician.
<b>Digital rectal exam for colorectal and prostate cancer</b>	Women and men 40 and over	Every year
<b>Occult blood test for colorectal cancer</b>	Women and men 50 and over	Every year
<b>Sigmoidoscopy for colorectal cancer</b>	Women and men 50 and over	Every 3—5 year
<b>General cancer check-up</b>	Women and men 20 - 40	Every 3 years
	Women and men over 40	Every year

Vaccine name and route	For whom it is recommended	Schedule for routine and “catch-up” administration
<b>Influenza</b>	<ul style="list-style-type: none"> <li>•Adults who are 50 yrs of age or older.</li> <li>•People 6m-50 yrs of age with medical problems</li> <li>•All health care workers and those who provide key community service workers</li> <li>•Healthy pregnant women who will be in their 2nd or 3rd trimester during flu season</li> <li>•Travelers to areas where influenza activity exists</li> <li>•Any one who wishes to reduce the likelihood of becoming ill with influenza</li> </ul>	<ul style="list-style-type: none"> <li>•Yearly</li> <li>•Oct - Nov is the optimal time to receive an annual flu shot</li> <li>•Anytime during flu season (Dec - Mar) or at other times when the risk of flu exists</li> <li>•May give with all other vaccines but as a separate injection</li> </ul>
<b>Pneumococcal polysaccharide (PPV 23)</b>	<ul style="list-style-type: none"> <li>•Adults who are 65 yrs of age or older</li> <li>•People 2-65 yrs of age who have chronic illness or other risk factors (check with your medical care source to see if you are at risk.)</li> </ul>	<ul style="list-style-type: none"> <li>•Routinely given as a one-time dose; administer if previous vaccination history is unknown.</li> <li>•Check with your medical care source</li> </ul>
<b>Td</b>	<ul style="list-style-type: none"> <li>•All adolescents and adults</li> </ul>	<ul style="list-style-type: none"> <li>•Give booster dose every 10 yrs after the primary series has been completed</li> </ul>

