



Family Healthcare of Fairfax

Adult Health Screening Guidelines

Complete Physical Exam: Every 1-3 years depending on risk factors for ages 18-49, then annually at 50

GYN Exam: Annually, starting at age 21, which screens for cancer, cysts, fibroids, and infections

Cervical Cancer: Annual gyn exam with pap testing every 3 years for ages 21-65. Pap testing is performed more frequently depending on history of pap results, and is generally not done after 65

Breast Cancer

-**Self-exam:** Once a month, best done the week after the menses.

-**Physician breast exam:** Annually for women ages 40 and older, sooner for high risk women

-**Mammogram:** Every 1-2 years for women over 40, baseline exams are earlier for high risk women

Osteoporosis: Baseline test at menopause, sooner for high risk individuals. Follow up intervals for bone density testing depends on DEXA results

Testicular Cancer: Testicular self-exam recommended monthly for men under age 45, physician exam with complete physical exams

Prostate cancer: Digital rectal exam and PSA test, discuss with your physician. Annual exam starting at age 50, at age 40 for African Americans and earlier for higher risk patients

Colon Cancer:

-**Colonoscopy:** Recommended every 10 years starting at age 50 to 75-85, earlier for high risk groups like African Americans or those with a family history of polyps or malignancy. Interval screening may be sooner depending on the results and risk status

Hemoccult: Annually for men and women ages age 40+, depending on risk

Lung Cancer: Consider screening CT for current smokers with a 30+ pack year smoking history or those with a 30-year history who have quit in the last 15 years

Skin cancer: Full body skin inspection during complete physical exam starting at age 18, with more regular skin exams for high risk individuals

Hepatitis C: Blood test to screen recommended once for all born between 1945-1965, and more often in those with risk factors of IV drug use or history of blood transfusions < 1985

Sexually Transmitted Infections:

-**Gonorrhea and Chlamydia:** Urine or genital culture recommended for all sexually active women 24 years and younger, also for older women at high risk

-**HIV/Syphilis/Hepatitis B:** Blood test recommended for all ages 15-65 years, including high risk individuals outside these parameters

Diabetes: Test recommended for all adults ages 45+ every 3 years, earlier for those with risk factors

Blood pressure: Checked every medical visit, at a minimum every 1-2 years for all adults ages 18+

Cholesterol: Blood test recommended every 5 years for women and men age 20 and older, with more frequent screening advised for higher risk individuals

Ophthalmology: Baseline dilated eye exam beginning at age 40, with follow up intervals depending on findings and risk factors. Diabetics should have a dilated eye exam every year

Dental: Recommended evaluation at least annually, ideally every 6 months

Tobacco Use: All smokers advised to quit to reduce the risk of lung disorders, cancer, and heart disease. Many tools are readily available to help quit smoking through our office

Alcohol Use: Recommended regular assessment for alcohol overuse and abuse

Calcium: 1200 mg/day for men and premenopausal and pregnant women, which equals about 3.5 servings of dairy products per day. Postmenopausal women need 1500 mg/day

Folic Acid: 0.4 mg/day for child bearing age women in order to decrease the risk of neural tube defects in babies. Most multivitamins contain this amount of folic acid

Safety:

-**Seatbelts:** Use every time, driver and passengers

-**Smoke detectors:** Recommended on every floor of the house. Check batteries every spring/fall

-**Carbon Monoxide detectors:** Alerts for an odorless gas produced from malfunctioning gas appliances, including gas furnaces and water heaters

Adult Immunization Guidelines:

Human Papilloma Virus (HPV)/Gardasil Vaccine: for all teens and adults aged 11-26

Influenza (Flu) Vaccine: annually for all aged 6 months and older. The flu vaccine is especially important for those with lung, heart or immune disease, pregnant women and those caring for high risk patients and infants < 6 months of age

Pneumococcal (pneumonia) Vaccines: 2 different vaccines that protect against bacterial pneumonia, recommended for adults > 65, earlier for those with high risk conditions.

Tetanus/diphtheria: Recommended for adults every 10 years ages 18+. A tetanus/diphtheria vaccine with pertussis (**Tdap**) is given as a one time in adults to boost immunity against whooping cough. Tdap is also given with every pregnancy to protect newborn babies against pertussis

Varicella Zoster (Shingles) Vaccine: For adults aged 50+, protects against shingles