

PREVENTATIVE HEALTH MEASURES

PAP SMEARS:

Recommended for healthy sexually active women starting at age 25, continuing every 3 years, until the age of 69. Patients who are immune suppressed or have ever had an abnormal pap smear, may require more frequent screening.

COLON CANCER SCREENING:

Average risk individuals should begin colon cancer screening at age 50. There are a variety of tests that can be done for this: colonoscopy (every 10 yrs) or fecal occult blood testing (every 2 yrs). Patients who are over 50, or have a family history of colon cancer, to come speak to me about their options.

MAMMOGRAMS:

Starting at age 50, continuing every 2 years, we offer this breast cancer screening test to average risk women. Depending on your family history and personal presentation, we may start ordering mammograms earlier, or more frequently.

FLU SHOTS:

We will post on our website when they become available.

PNEUMONIA VACCINE:

Starting at age 65, there is a one-time government funded vaccine against pneumococcal infections. There is also an alternative vaccine available (Pneumo-20), however the Pneumo-20 shot is not yet government funded. Depending on your lifestyle and other medical conditions, you may be eligible earlier, and may need a booster.

RSV:

The arexvy vaccine is a vaccine that helps to protect against respiratory syncytial virus which is a common illness that causes significant morbidity in infants and elderly people. It is recommended for patients over 60 years old and is currently a one-time vaccine that is not funded by the government.

SHINGLES VACCINE:

The shingles vaccine is available for patients over 50 years old. The government will cover the cost of the vaccine for patients 65-70 years old.

MMR (measles, mumps, rubella) BOOSTER:

All patients born between 1970-1992 require a booster shot unless they have already received 2 MMR vaccines.

BONE MINERAL DENSITY:

All men and women over the age of 65 years old require a screening bone mineral density. Some patients are considered higher risk for osteoporosis and their doctor will notify them if they require a bone density test earlier or more frequently.

SCREENING CHEST CT-SCAN:

This test is used to detect early lung cancer in patients with a history of smoking. Patients ages 55-79 years old who have a significant smoking history are eligible (ie 1 pack a day for 30 years or 2 packs a day for 15 years) for this test.

ABDOMINAL AORTIC ANEURYSM (AAA) ULTRASOUND:

The following patients are eligible for an ultrasound to determine if there is an abdominal aneurysm in the aorta:

All men aged 65-80

Women over age 65 that smoke or have a history of stroke or family history of AAA

Men less than 65 years old with a positive family history of AAA

