

## **PREVENTATIVE HEALTH MEASURES**

### **PAP SMEARS:**

Recommended for healthy sexually active women starting at age 21, 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 (~early November).

### **PNEUMONIA VACCINE:**

Starting at age 65, I offer a one time government funded vaccine against pneumococcal infections. There is also an alternate vaccination schedule (Pneumovax followed by Prevnar-13), however the Prevnar-13 shot is not yet government funded. Depending on your lifestyle and other medical conditions, you may be eligible earlier, and may need a booster.

### **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