<table>
<thead>
<tr>
<th>Screening/Treatment</th>
<th>How Often?</th>
<th>For whom?</th>
<th>Society</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast cancer (mammogram)</td>
<td>Every 1^{1} – 2^{2-3} years</td>
<td>Average risk women ≥ age 40(^1)</td>
<td>CDC(^2), USPSTF(^3), ACS(^4), ACOG(^5)</td>
</tr>
<tr>
<td>Cervical cancer (PAP smear)</td>
<td>Every 3^{1} - 5^{2-3} years depends on media &amp; HPV testing &amp; previous results</td>
<td>Age ≥ 21 (consider HPV testing after age ≥30)</td>
<td>ACS(^2), ACOG(^3), USPSTF(^1)</td>
</tr>
<tr>
<td>Colon cancer</td>
<td>Depends on test 1. Yearly – fecal occult blood(^1) or iFOBT(^2)</td>
<td>For average risk men and women: Age 50-75 USPSTF recommends screening Age 76-85 recommends against screening routinely, depends on risk factors</td>
<td>USPTF(^1), ACS(^2)</td>
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<tr>
<td></td>
<td>2. Every 5 years = sigmoidoscopy(^1), CT colonography(^2), double contrast barium enema(^2)</td>
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<td></td>
<td>3. Every 10 years = colonoscopy(^1)</td>
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<td></td>
<td>May stop at age 65 if at average risk</td>
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<tr>
<td>Lung Cancer</td>
<td>Once (Low dose helical CT)</td>
<td>Age 55-74 with 30 py tobacco history, or former tobacco use in past 15 years</td>
<td>USPSTF</td>
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<tr>
<td>Prostate cancer</td>
<td>Against PSA screening(^3) or case by case(^4)</td>
<td>Discussion at age 40 if several ≤65 y.o. first degree relatives(^4); age 45 if one first degree relative with cancer or African American(^4), ≥50 y.o. &amp; more than 10 yr life expectancy(^5)</td>
<td>USPSTF(^3), ACS(^4), AUA(^5)</td>
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<tr>
<td>Aspirin</td>
<td>Daily</td>
<td>Consider men ≥ 45 y.o. &amp; women ≥ 55 y.o. where benefit outweighs risk of GI bleeding</td>
<td>USPSTF</td>
</tr>
<tr>
<td>Flu vaccine</td>
<td>Yearly</td>
<td>All</td>
<td>CDC</td>
</tr>
<tr>
<td>Pneumococcal vaccine:</td>
<td>Once usually</td>
<td>All adults ≥ 65 y.o.</td>
<td>CDC</td>
</tr>
<tr>
<td>23 valent (PPSV23)</td>
<td></td>
<td>All adults 19-64 with medical conditions include: Smokers, asthma, COPD, chronic cardiovascular conditions, diabetes</td>
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<tr>
<td>Shingles vaccine</td>
<td>Once</td>
<td>All adults ≥ 60 y.o.; FDA: approved ≥50y.o.</td>
<td>CDC</td>
</tr>
<tr>
<td>Tdap vaccine</td>
<td>Once</td>
<td>All adults 19 - 64 y.o.; Adults ≥ 65 contact with infants &lt;12 months not previously vaccinated with Tdap (can do all ≥ 65 once); each pregnancy</td>
<td>CDC</td>
</tr>
<tr>
<td>Abdominal aortic aneurysm</td>
<td>Once</td>
<td>Men 65 – 75 who have smoked</td>
<td>USPSTF</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>Normal: repeat 2 years Pre-HTN: repeat 1 year Stage 1: 2 months Stage 2: 1 month ≥180/110 treat now</td>
<td>Goal: &lt;120/ &lt;80 Prehypertension: 120-139/80-89 Stage 1: 140-159/90-99 Stage 2: ≥160/≥100</td>
<td>JNC 7, USPSTF</td>
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<tr>
<td>Diabetes screening</td>
<td>Every 3 years</td>
<td>Those with BP &gt;135/80 or those with other CV risks (age &gt;45, obesity, certain ethnicities)</td>
<td>USPSTF, ACP</td>
</tr>
<tr>
<td>Lipid screening</td>
<td>Every 5 years if average risk</td>
<td>All men and women ≥ 20 y.o. or men and women at increased risk ≥ age 20 Men ≥35; Women ≥ 45 if increased risk</td>
<td>NCEP, USPSTF</td>
</tr>
<tr>
<td>HIV testing</td>
<td>Once</td>
<td>Ages 15-65 y.o. unless high risk</td>
<td>CDC</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>Once</td>
<td>All individuals born between 1945-1965</td>
<td>CDC</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>Once</td>
<td>Women ≥ 65 y.o. Women ≥ 60 y.o., men ≥ 65 y.o. risk factors</td>
<td>NOF, ACP, USPSTF</td>
</tr>
<tr>
<td>Hormone replacement therapy</td>
<td>Recommend against routine use</td>
<td></td>
<td>USPSTF</td>
</tr>
</tbody>
</table>

USPSTF= U.S. Preventive Services Task Force; CDC= Centers for Disease Control and Prevention; ACS= American Cancer Society; ACOG= American College of Obstetricians and Gynecologists; AUA= American Urological Association; JNC 7= Joint National Committee; ACP= American College of Physicians; NCEP= National Cholesterol Education Program; NOF= National Osteoporosis Foundation

References

Cancer Screening


Breast


Cervical


Colorectal


Prostate


**Lung**

**Aspirin Use**


**Adult Immunizations**

**Other Screening**
**Abdominal Aortic Aneurysm**

**Blood Pressure**


**Type 2 Diabetes**


**Lipid Disorders**

**HIV**
http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm

**Osteoporosis**
http://www.shef.ac.uk/FRAX/index.htm National Osteoporosis Foundation


**Hormone Replacement Therapy**

**Diet and Longevity**


**Exercise as Primary Prevention**


**Stress and Burnout**

