

Preventive Health Maintenance
6/23/06
UIM clinic

All patients assumed to be otherwise healthy; adapted from USPSTF and ACOG

Women 18 – 39

Counseling

Alcohol	Yearly
Tobacco	
Seat belts	
Diet/exercise/weight	
Safe sex	
Birth control/Folate	
HTN screening	

Cancer screening

Pap smear	21yo or 3 years after first sexual intercourse, whichever comes first; Yearly until 30 then periodically if average risk
------------------	---

Women 40+

Counseling (as above)

Cholesterol screening	q 5 years if normal
------------------------------	----------------------------

Cancer screening

Pap smear	Periodically if average risk; stop s/p hysterectomy for benign cause; stop >65 yo
Colorectal cancer	50+
Breast cancer	MMG q2 years 40 – 50; q year 50+
	Breast exam – yearly

Women 65+

Counseling (as above)

Cancer screening (as above)

Osteoporosis screening	Bone density
-------------------------------	---------------------

Men 18 – 39

Counseling (as above)

Men 40+

Counseling (as above)

Cancer screening

Colorectal cancer	50+
--------------------------	------------