



Margolin, Keinarth & Alberda, M.D. Family Health Center

PERIODIC HEALTH EVALUATIONS

At different times in our lives, our chances of developing some diseases are greater than at others. A mature woman, for example, is at greater risk for breast disease than a young girl. This chart shows some recommended age-related screenings as well as when you and your family should have them. Along with routine physicals, these periodic health evaluations are recommended to help you and your loved ones stay well and remain an active patient with our practice. These recommendations are derived from U.S. Preventive Services Task Force (USPSTF) and Centers for Disease Control (CDC). If you are at high risk for a specific condition, or have an existing medical problem, these recommendations may vary.

INFLUENZA - Seasonal Vaccine	YEARLY
PNEUMOCOCCAL Vaccine	AT 65 OR WITH RISK FACTORS (ASTHMA, SMOKING, DIABETES, ETC.)
WEIGHT	YEARLY
BLOOD PRESSURE CHECK	YEARLY
CHOLESTEROL LEVELS	BASELINE ANYTIME, THEN EVERY 5 YEARS OR SHARED DECISION BETWEEN PATIENT AND CLINICIAN
PAP SMEAR - CERVICAL CANCER SCREENING	WOMEN AGE 21-29: PAP ALONE EVERY 3 YEARS WOMEN AGE 30-65: PAP & HUMAN PAPILLOMA VIRUS (HPV) TESTING EVERY 5 YEARS
BREAST EXAM	ANNUALLY OR BIANNUALLY AFTER AGE 40 IN CONJUNCTION WITH MAMMOGRAM IS OPTIONAL
MAMMOGRAPHY - BREAST CANCER SCREENING	AGE 40-50 DEPENDING ON RISK FACTORS - SHARED DECISION MAKING AGE 50-74 BIENNIAL (EVERY OTHER YEAR) DEPENDING ON YOUR BREAST CANCER RISK PROFILE
CHEMICAL PROFILE (detect signs of diabetes, heart disease, anemia, clotting, and immune disorders, as well as metabolic conditions that could threaten your health)	BASELINE ANYTIME, THEN EVERY 5 YEARS OR AT CLINICIAN'S DISCRETION
COLON CANCER SCREENING	AFTER AGE 50 OR EARLIER WITH FAMILY HISTORY: CSCOPE EVERY 10 YEARS, OR COLOGUARD EVERY 3 YEARS, OR FIT CARDS ANNUALLY
PSA	MAY BE DONE AFTER 55, YEARLY OR LESS FREQUENTLY - SHARED DECISION MAKING
HIV SCREENING	AGE 15-65 AT LEAST ONCE IN A LIFETIME, RESCREEN BASED ON RISK FACTORS
HEPATITIS C SCREENING	1 TIME SCREENING IF BORN 1945-1965 SHARED DECISION MAKING IF CONSIDERED HIGH RISK
BONE DENSITOMETRY	WOMEN AFTER AGE 65 OR WOMEN AT AGE 50 WITH RISK FACTORS, NOT ROUTINELY RECOMMENDED FOR MEN.

ROUTINE PHYSICAL EXAMS:

Healthy people rarely need a "physical" each year. In fact, how often you should go for a routine visit depends on your age and condition. Healthy young adults between the ages of 21-40 should have a physical every 3 years. Mature adults, 40 years of age and older, should be examined every 1-2 years depending on their overall health.

SIGNATURE: _____ **DATE:** _____ **D.O.B.:** _____