



Preventative Screening



SVDP follows USPSTF Guidelines. UA, TSH, CMP and CBC are not part of regular preventative or annual visits.

Recommendations for AGE 19-39 Years Old

HIV	One time screening for everyone 15-65 years old (yo)
GC/Chl	All sexually active women under 25 yo
Cervical Cancer	Pap smear for all women 21-29 yo every 3 years (no HPV) Pap smear + HPV for all women 30-65 yo every 5 years
Folic acid	All reproductive age women 0.4 mg – 0.8 mg daily
Vaccines	HPV if under 26 yo; TDaP every 10 years; flu shot yearly

Recommendations for AGE 40-49 Years Old

Hepatitis C	One time if you were born between 1945-1965
HIV	One time screening for everyone 15-65 yo
Diabetes (DM)	Adults 40-70 yo who are overweight or obese
Cervical cancer	Pap smear + HPV for all women 30-65 yo every 5 years
Cholesterol	Starting at 40 yo every 5 years
Vaccines	TDaP every 10 years; flu shot yearly

Recommendations for AGE 50-75 Years Old

Breast cancer	Mammogram 50-74 yo every 2 years
Cervical cancer	Pap smear + HPV for all women 30-65 yo every 5 years
Colorectal cancer	Colonoscopy every 10 years OR annual FIT test
Osteoporosis	DEXA scan for all women 65 yo
*Geriatric eval	Safety and quality of life eval for everyone over 65 yo
Vaccines	Shingles 60 yo; Pneumonia 65 yo
Living will/Advance Directives	Filed at home, your doctor's office, and with a close relative/friend

Recommendations for SMOKERS & FORMER SMOKERS

Aortic aneurysm	One time abdominal ultrasound for men 65-75 yo
Lung cancer	Annual CT 55-80 yo for smokers OR have quit within 15 yrs
Vaccines	Pneumonia ALL ages; flu shot yearly
Want to quit	Talk to your provider and call ASH Line: 1-800-55-66-222