



Preventive Health Screening

It has been said, "An ounce of prevention is worth a pound of cure." No where is that more important than with our health and overall well-being. While there are no clear standards for preventive health screening, there is some agreement over the general areas that should be watched and screened for. In this document we present a generalized guide, a consensus of several published guidelines for watching out for you and your family's overall health and well-being.

Prevention For Women				
Type of Exam	For	Age 19-39	Age 40-59	Age 60+
Physical Examination	General health, lifestyle including overall nutrition, exercise, smoking, alcohol/drug use, auto/cycle safety, STD's)	Every 3 years	Every 2 years	Annually
		Basic exam should include blood pressure, height, weight, temperature and heart rate. Blood pressure should be taken at every exam.		
Breast Self-Examinations	Cancer of the Breasts	Monthly	Monthly	Monthly
Breast Exam (by a health care professional)	Cancer of the Breasts	Every 1 to 3 years	Annually	Annually
Mammogram or Breast Ultrasound	Cancer of the Breasts	N/A*	Annually	Annually
Pelvic Examination and Pap Smear**	Cancer of the Cervix	Every 1 to 3 years. Annually, if using birth control pills, IUD or history of an abnormal pap smears. Rectal exam can best be done at this time.		
Chlamydia (by Urine or Culture)	Chlamydia Infection	At all pelvic exams if at risk	Only if indicated, and patient at risk	Probably not indicated If not sexual
Gonorrhea (by Urine or Culture)	Gonorrhea Infection	At all pelvic exams if at risk	Only if indicated, and patient at risk	Probably not indicated If not sexual
VDRL or RPR (Blood Test)	Syphilis	At all pelvic exams if at risk	Only if indicated, and patient at risk	Probably not indicated If not sexual
Digital Rectal Exam and Fecal Occult Blood Test	Cancer of the Colon and/or Rectum	N/A*	Annually over 50	
Flexible Sigmoidoscopy	Cancer of the Colon and/or Rectum	N/A*	Every 3 to 5 years after 50 years of age	
Total Skin Examination	Cancer of the Skin	N/A*	Annually	Annually
Total Cholesterol (Blood Test)	Risk of Heart Disease	Annually	Annually	Annually
HIV Screening (Blood Test)	Risk of Exposure to AIDS	Screening is recommended for all persons at increased risk for infection		

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Prevention for Men				
Type of Exam	For	Age 19-39	Age 40-64	Age 65+
Physical Examination	General health, lifestyle including overall nutrition, exercise, smoking, alcohol/drug use, auto/cycle safety, STD's)	Every 3 years	Every 2 years	Annually
		Basic exam should include blood pressure, height, weight, temperature and heart rate. Blood pressure should be taken at every exam.		
Testicular Self-Examination	Testicular Cancer	Monthly	Monthly	Monthly
Physician Testicular Exam	Testicular Cancer	Every 3 years	Every 2 years	Annually
Digital Rectal Exam and Fecal Occult Blood Test	Cancer of the Prostate, Rectum and Colon	N/A*	Annually	
Flexible Sigmoidoscopy	Cancer of the Colon and/or Rectum	N/A*	Every 3 to 5 years over 50	
PSA (Prostate-specific Antigen) Blood Test	Prostate Cancer	N/A*	Annually, age 50 to 70	
Chlamydia (by Urine or Culture)	Chlamydia Infection	At time of exam, if at risk	Only if indicated, and patient at risk	Probably not indicated if not sexual
Gonorrhea (by Urine or Culture)	Gonorrhea Infection	At time of exam, if at risk	Only if indicated, and patient at risk	Probably not indicated if not sexual
VDRL or RPR (Blood Test)	Syphilis	At time of exam, if at risk	Only if indicated, and patient at risk	Probably not indicated if not sexual
Total Skin Examination	Cancer of the Skin	N/A*	Annually	Annually
Total Cholesterol (Blood Test)	Risk of Heart Disease	Annually	Annually	Annually
HIV Screening (Blood Test)	Risk of Exposure to AIDS	Screening is recommended for all persons at increased risk for infection		

N/A* Not Applicable in this age group unless there are specific symptoms or physical findings.

** Men and Women sexually active with multiple partners should have STD check after any questionable contact.

How Can I Learn More About Preventive Screening?

Preventive Medicine Clinic of the Desert offers information and preventative health services. If you would like to start a preventive health program or find out more about it, call us or come in. More importantly, take the opportunity to personally visit with and find out if you are a candidate for preventative health services. Call us at 760-32... and make an appointment to learn more. Thank you!

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