We Care Manatee inc.
Medical Care For People In Need

PREVENTIVE GUIDELINES
for Patients & Providers

Nov. 2016

300 Riverside Drive East • Suite 4500 • Bradenton, FL 34208
p. 941.755.3952 • f. 941.870.8503 • www.wecaremanatee.org

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Recommended Adult Immunization Schedule

Source: U.S. Department of Health and Human Services, www.hhs.gov.

Vaccine	19 - 49 Years	50 - 64 Years	65 Years and Older
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Substitue 1-time dose of Tdap for Td booster, then 1 dose booseter every 10 years. Also advised for women during pregnancy.		
Human Papillomavirus (HPV)	3 doses females		
- Males: HPV vaccine is available	19-26 years		
Measles, Mumps, Rubella (MMR)	1 or 2 doses		
Varicella (Chicknpox)	2 doses		
Influenza	1 dose anually		
Pnumonia (Pneumococcal)			1 dose
Hepatitis A **			
Hepatitis B **			
Meningococcal **			
Herpes Zoster (Shingles) *		> 60 years: 1 dose	

* Some providers recommend earlier, at 50 years
** Consult your provider

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Preventive Care for All Adults (Men and Women)

Source: U.S. Department of Health and Human Services, www.hhs.gov.

Preventive Service	19 - 39 Years	45 - 64 Years	Age 65 and Older
Daily Aspirin		Women at risk for stroke, men above age 40 and younger men who are at increased risk for coronary heart disease can reduce their risk by taking a low dose (81 mg) of aspirin every day. Talk with your provider to make sure there are no reasons why you should not take aspirin.	
Colon Cancer Screening		Ages 50 - 75 at appropriate intervals as determined by whichever method is chosen - Colonoscopy every 10 years OR - Flexible sigmoidoscopy every 5 years OR - Series of three fecal occult blood test (FOBT) anually; immunochemical fecal occult blood test (iFOBT) - one test anually	
Hypertension Screening	Blood pressure every 2 years if less than 120/80 mmHg; every year if range of 120-139/80-89 mmHg or if older than 40		
Lipid (cholesterol) Screening		Fasting lipid level every 5 years for men over age 34 and women over the age of 44. Optimal LDL < 100 mg/dL	
Routine Screening and counseling for all adults	Problem Drinking: - Women > 7 drinks per week or > 3 drinks per occasion - Men > 14 drinks per week or > 4 drinks per occasion Tobacco Use or secondhand smoke exposure (any kind of tobacco) Depression Screening: - During the past month, have you had little interest or pleasure in doing things? - During the past month, have you felt down, depressed or hopeless? Obesity Screening: - Height, weight and body mass index annually. A BMI of 25 - 29 is considered overweight, while 30 or greater is considered obese. Find an easy-to-use BMI calculator at: www.cdc.gov/nccdphp/dnpa/bmi Osteoporosis: Assess risk factors and prevention		
Vision & Hearing Screening			Routine screening for age 65 and older
Advance Directive	Everyone 18 years and older should have an advance directive. This document tells your family and provider what kind of care you would like to have if you become unable to make medical decisions. Having an advance directive is particularly imporant if you are older than age 55 or have a chronic health condition		

1. U.S. Department of Health and Human Services (www.hhs.gov)
2. American Heart Association "What your cholesterol levels mean" www.americanheart.org
3. Your family or personal history of risk and conditions may change your provider's recommendations

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Preventive Care for Men Only

Source: U.S. Department of Health and Human Services, www.hhs.gov.

Preventive Service	19 - 39 Years	40 - 64 Years	Age 65 and Older
Abdominal Aortic Aneurysm Screening			One-time test for men ages 65 to 75 who have ever smoked.
Ask your provider whether or not you need a prostate cancer test based on your medical history and risk factor			

1. U.S. Department of Health and Human Services
2. United States Preventive Services Task Force, Agency for Healthcare Research and Quality

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Preventive Care for Women Only

Source: U.S. Department of Health and Human Services, www.hhs.gov.

Preventive Service	19 - 39 Years	40 - 64 Years	Ages 65 and Older
Breast Cancer Screening		Annual mammogram for women ages 40 - 49 with high risk factors.	Mammogram every 1 - 2 years for women ages 50 - 75.
Calcium	Daily calcium recommendations for women ages 19 - 50 is 1,000 mg and for ages over 50, 1,200 mg. Try to get your calcium from foods rich in calcium such as milk, yogurt and food fortified with calcium. Use supplements after consulting with your provider.		
Folic Acid	Women of childbearing age should get enough folic acid either in supplement or dietary form. Recommendations are 400 mcg daily.		
Cervical Cancer Pap Screening	Regardless of onset of sexual activity, begin Pap screening at age 21. Continue every 3 years until age 30. After age 30, less frequent screening may be acceptable if certain criteria are met. Check with provider.		Women older than age 65 should consult their health care provider.
Chlamydia Screening	Annually for sexually active women age 25 and younger, as well as older women at increased risk for infection. Risk factors include new or multiple sex partners, a history of sexually transmitted disease and inconsistent or incorrect use of condoms.		

1. Clear evidence shows that yearly mammogram screening after age 50 is beneficial.
   Some consultants in the Twin Cities recommend screening even earlier: annually after age 40
2. Source: www.nih.gov. Nutrient supplements cannot replace a healthy diet

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