

# A Guide to Preventive Health Services



Seeing your doctor each year protects you from illness. He or she can make sure you are getting the right tests and vaccines. Review the chart below. This information is for adults ages 65 and older.

Preventive Care Office Visits	Every Year
<b>Screenings</b>	Height
	Weight
	Blood pressure
	Body mass index (BMI)/obesity
	Hearing and vision
	Lipids – cholesterol and triglycerides (every 5 years)
	Colorectal cancer screening (until age 75)
	Mammogram alone or with clinical breast exam
	Osteoporosis, for females
<b>Vaccines</b>	Influenza (flu) vaccine annually
	Tetanus-diphtheria (Td) booster once every 10 years
	Varicella (chicken pox), two doses if no evidence of vaccine or immunity
	Zoster vaccine (shingles), one dose
	Pneumococcal (pneumonia), one dose every 10 years
<b>Patient Education</b>	Dental health
	Diet and exercise
	Injury prevention (seat belts, smoke detectors)
	Tobacco, alcohol, and illicit drug use prevention
	Safe sex
	Breast self-exam
	Testicular exam
Safe sun exposure	



For more information or to schedule an appointment, contact your doctor.