



# Louisiana Primary Care Association

## Adult Health Maintenance Recommendations

### All Adults

- **Diabetes** - Recommended in adults aged 40-70 years who are overweight or obese every 3 years.
- **Dental** - Complete dental exam/dental cleaning every 6-12 months.
- **Lipids** - starting at age 35 in men and 45 in women at increased risk of heart disease.
- **Hypertension** - screening for BP in adults aged 18 years or older yearly
  - Annual Screening in adults >40 years who have BP >130-139/85, those who are overweight or obese, and African Americans
  - Adults without risk factors should be rescreened every 3 to 5 years.
- **HIV** - annual screening patients aged 15-65.
- **MMR Vaccine** - adults born in 1957 or later without acceptable evidence of immunity should receive 1 dose of measles, mumps, and rubella vaccine (MMR)
- **Seasonal Flu** - influenza vaccine annually
- **Pneumonia** - Prevnar 13 vaccine - one lifetime dose and Pneumovax vaccine - one lifetime dose after age 65 years.
- **Varicella (Chicken Pox) Vaccine** - if no evidence of immunity to varicella, adults should receive two doses of the varicella vaccine 4-8 weeks apart, or a second dose if they have received only one dose.
- **Tdap (tetanus-pertussis vaccine)** - adults who have not received tetanus and diphtheria toxoids and acellular pertussis vaccine ) Tdap or for whom pertussis vaccination status is unknown should receive 1 dose of Tdap followed by a tetanus and diphtheria toxoids (Td) booster every ten years.
- **HZV Vaccine (Herpes Zoster Virus or Shingles)** - once after age 60.

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### Women

#### Age 18-24

- **Pap Smear** - every three years starting at age 21.
- **Screening for Gonorrhea and Chlamydia** - if new sex partner since last negative test.
- **Gardasil** - three doses of HPV vaccine are recommended for those not previously vaccinated.
- **Syphilis screening** - for patients at increased risk of infection.
- **Folic Acid** - if planning or capable of pregnancy at any age.

#### Age 25-49

- **Pap Smear** - every three years until age 65.
- **Screening for Gonorrhea and Chlamydia** - if new sex partner since last negative test.
- **Mammogram** - every 1-2 years from age 40-49.

#### Age 50-85

- **Pap Smear** - every three years until age 65.
- **Screening for Gonorrhea and Chlamydia** - if new sex partner since last negative test.
- **Mammogram** - every two years until age 75
- **Mammogram** - yearly until age 75.
- **Colonoscopy** - every ten years until age 75.
- **Screening for Osteoporosis** - with DEXA scan at age 65.

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### Men

#### Age 40 and above

- **Prostate Cancer** - discuss screening with your doctor starting at age 40.
- **Colonoscopy** - every ten years until age 75
- **Screening for Abdominal Aortic Aneurysm** - at age 65 if a patient has ever smoked.

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#### Color Key:

Blue (USPSTF Guideline)

Red (CDC Guidelines)

Green (American Cancer Society)

Yellow (American College of Obstetricians and Gynecologists)