

CANYON VIEW MEDICAL GROUP ADULT HEALTH MAINTENANCE TABLE

The following are suggested guidelines for a healthy adult, based on different national and local recommendations. Review these recommendations with your provider.

Age**	20's	30's	40's	50's	60's	70's	80's & older
Screening*							
Physical Exam ¹	X	X	X	X	X	X	X
Blood Pressure ²	X	X	X	X	X	X	X
Pap Smear (females) ³	X	X	X	X	X		
Fasting Lipid Panel ⁴	X	X	X	X	X	X	X
Mammogram (females) ⁵			X	X	X	X	X
Skin Cancer ⁶			X	X	X	X	X
Fasting Blood Sugar ⁷			X	X	X	X	X
PSA blood test (men) ⁸				X	X	X	X
Colonoscopy ⁹				X	X	X	X
DEXA Scan ¹⁰			X	X	X	X	X
Vaccinations	HPV, Tdap, Influenza	HPV, Tdap, Influenza	Tdap, Influenza	Tdap, Influenza	Tdap, Influenza, Pneumonia, Shingles	Tdap, Influenza, Pneumonia	Tdap, Influenza, Pneumonia

(Tdap=Tetanus-diphtheria acellular pertussis booster; HPV= Human papillomavirus: age 9-26 only)

*Check with your health plan coverage for preventive health visits & screening exams.

**Discuss with your health care provider any family history of cancer, diabetes, high cholesterol, heart disease or other health risks, which may result in more frequent screening recommendations.

¹Physical Exam- Initial exam at age 18-20 then every 1-3 years as recommended by your doctor until age 40, then annually. Exam helps to identify and treat health problems, minimize complications and improve quality of life.

²Blood Pressure- Checked by health care provider at physical exam and should be monitored at home. High Blood pressure is a risk factor for many diseases including kidney disease, stroke, heart disease, and blindness.

³Pap Smear- Beginning at age 21 then every 1-5 years as directed by doctor. Helps in early detection of cervical cancer.

⁴Fasting Lipid Panel- Every 5 years starting at age 20. High cholesterol is a risk factor for developing heart disease such as a heart attack, stroke and other vascular diseases. Treatment early can decrease risk for development of these diseases.

⁵Mammogram- Mammogram is important for early detection of breast cancer.

⁶Skin Cancer- Annual clinical exam starting at age 40 with monthly self exams. If caught early, can minimize spread of disease.

⁷Fasting Blood Sugar- Every 3 years starting at age 45. High blood sugar may indicate Diabetes. If caught early and treated can minimize many of the disease complications associated with diabetes.

⁸PSA Lab Test- Please discuss prostate cancer screening with provider.

⁹Colonoscopy- Every 10 years starting at age 50. Consider annual hemocult test by doctor. Important tests in detecting early signs of colon cancer.

¹⁰DEXA Scan- Every 2 years starting at menopause. Men with risk factors, consult your doctor. Measures bone density. Poor bone density can lead to fractures and complications.