

Partnering for Your Best Health 2015

We're here to partner with you in your complete health and wellness. At Sutter Health, you have a complete care team with you. We believe in partnering in your health wellness so you can feel your best. Find out when checkups, screenings and immunizations are generally recommended, then talk to your provider or care team about what's right for you.



Birth-17

Check Up

1, 2, 4, 6, 9, 12, 15 and 18 months
Annually from ages 2-6; every other year from ages 6-17

Vision Screening and BMI: At or before age 5

Screening Tests

Chlamydia: Yearly for sexually active women starting at 15

Assessment of Risk for TB: To determine risk factors

HIV Screening: Between ages 15-65

Discussion Topics

Alcohol Misuse: Discuss with your provider starting at 14

Interventions to Prevent Tobacco Use: Routine discussion starting at 12.

Immunizations

Two-month series of vaccines can be given as early as six weeks.

Age	Months						Years				
	Birth	1	2	4	6	12	18	2	4-5	11	16
Hepatitis B	●	●			●						
Haemophilus Influenza Type B		●	●	●	●						
Polio		●	●	●						●	
Diphtheria, Tetanus & Acellular Pertussis		●	●	●		●				●	
Rotavirus		●	●	●							
Pneumococcal		●	●	●	●						
Tdap/Td											●
Measles, Mumps & Rubella						●				●	
Varicella (Chicken Pox)						●				●	
Hepatitis A						●	●				
Influenza (yearly)						●	●	●	●	●	●
Conjugated Meningococcal										●	●
Human Papillomavirus											●

HPV: Females ages 11-26 and males 11-21 should receive the HPV vaccine at 0, 2 and 6 months intervals.

Folic Acid: All girls planning or capable of pregnancy take daily supplement containing 0.4-0.8mg of folic acid.



Age 18-39

Wellness Check

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

Screening Tests

Diabetes: All non-Caucasians; All Caucasians with sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history of diabetes.

Assessment of Risk for TB: To determine risk factors

HIV Screening: Between ages 15-65

Discussion Topics

Alcohol Misuse: Discuss with your provider

Immunizations

Influenza: Yearly

Varicella (Chicken Pox) Vaccine: Individuals born in 1980 or later should receive a second vaccine.

HPV: Females age 11-26 and males 11-21 should receive the HPV vaccine at 0, 2 and 6 months intervals.

Tdap/Td: Adults under 65 who have never received Tdap should get a Tdap booster, regardless of when a prior Td was given. After this, Td is required every 10 years.

Men's Health

Lipid Test: At age 35

Women's Health

Chlamydia: Yearly through age 24 for sexually active women

Pap Test: Every 3 years starting from age 21 (between ages 21-30, may be more often). At age 30, may switch to every 5 years with HPV screening.

Folic Acid: All women planning or capable of pregnancy take daily supplement containing 0.4-0.8mg of folic acid.



Age 40-49

Wellness Check

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

Screening Tests

Hep C: Screening for those born between 1945-1965

Diabetes: All non-Caucasians; All Caucasians with sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history of diabetes.

Assessment of Risk for TB: To determine risk factors

HIV Screening: Between ages 15-65

Discussion Topics

Alcohol Misuse: Discuss with your provider

Immunizations

Influenza: Yearly

Tdap/Td: Adults under 65 who have never received Tdap should get a Tdap booster, regardless of when a prior Td was given. After this, Td is required every 10 years.

Men's Health

Lipid Test: Every 10 years

Women's Health

Pap Test: Every 3 years from age 21 (between ages 21-30, may be more often). At age 30, may switch to every 5 years with HPV screening.

Folic Acid: All women planning or capable of pregnancy take daily supplement containing 0.4-0.8mg of folic acid.

Mammogram: Optional yearly

Annual mammography in this age group has been confirmed to decrease mortality but is not recommended by all professional organizations due to differing risk- benefit analyses. Options for breast cancer screening should be discussed with your provider yearly.

The United States Preventive Services Task Force (USPSTF) recommends against routine screening mammography in women age 40-49. The decision to start regular screening mammography before age 50 should be an individual one and take patient context into account, including the patient's values regarding specific benefits and harms.



Age 50-74

Wellness Check

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

Screening Tests

Hep C: Screening for those born between 1945-1965

Diabetes: All non-Caucasians; All Caucasians with sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history of diabetes.

Colorectal Cancer (Options): Colonoscopy every 10 years; Fecal Occult Blood Testing every 3 years with sigmoidoscopy every 5 years; or Annual Fecal Occult Blood testing.

Assessment of Risk for TB: To determine risk factors

HIV Screening: Between ages 15-65

Discussion Topics

Alcohol Misuse: Discuss with your provider

Immunizations

Influenza: Yearly

Tdap/Td: Adults under 65 who have never received Tdap should get a Tdap booster, regardless of when a prior Td was given. After this, Td is required every 10 years.

Zoster (Shingles): At age 60

Pneumococcal Vaccine: Series beginning at age 65

Men's Health

Lipid Test: Every 10 years

Prostate Specific Antigen (PSA): Current evidence does not recommend routine PSA screening for average risk men.

Women's Health

Pap Test: Every 3 years from age 21 (between ages 21-30, may be more often). At age 30, may switch to every 5 years with HPV screening.

Mammogram: Every 2 years

Bone Density: At age 65



Age 75 & Over

Wellness Check

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

Screening Tests

Diabetes: All non-Caucasians; All Caucasians with sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history of diabetes.

Colorectal Cancer (Options): Colonoscopy every 10 years; Fecal Occult Blood Testing every 3 years with sigmoidoscopy every 5 years; or Annual Fecal Occult Blood testing.

Assessment of Risk for TB: To determine risk factors

Discussion Topics

Alcohol Misuse: Discuss with your provider

Immunizations

Influenza: Yearly

Tdap/Td: Adults 65 and older *may* get one Tdap booster if they have never received it, regardless of when a prior Td was given. After this, Td is required every 10 years.

Men's Health

Prostate Specific Antigen (PSA): Current evidence does not recommend routine PSA screening for average risk men.

Women's Health

Mammogram: Every 2 years; optional after age 74

These guidelines may vary for patients on chronic medications or for patients with personal or family health risks.