

Fourteen Suggestions For Keeping You and Your Family Healthy

1. Review the screening tests and immunizations in this pamphlet that are appropriate for you and make sure yours are up to date.
2. Complete an Advance Health Care Directive.
3. Exercise “aerobically,” enough to raise your heart rate to about $(220 - \text{your age}) \times 70\%$. Your goal is to do this at least 30 minutes every day, but every bit helps.
4. Achieve and maintain normal body weight.
5. Eat foods low in saturated fat and trans fatty acids and high in calcium and fiber, with plenty of fruits and vegetables. Take a calcium supplement, if necessary.
6. Practice safe sex, use condoms and a reliable method of contraception.
7. Do not smoke, and avoid inhaling others’ cigarette smoke. If you need help quitting, please ask your doctor.
8. “Safety-proof” your home to prevent poisoning and accidental use of firearms. Check your smoke detectors regularly.
9. Don’t drive or allow others to drive while under the influence of alcohol or other mind-altering substances.
10. Use sport helmets appropriately, regardless of your age.
11. Children under 12 and adults shorter than 4’9” should not sit in automobile seats with airbags in front of them.
12. Seek help early for depression, mood changes, alcohol or drug abuse.
13. Perform regular skin self-examinations. Protect your skin from sun damage with sunblock and clothing.
14. Find balance in your life between work, home and play time. Include stress reduction activities (fun!) into every day.

Advance Health Directive

You may obtain information on Advance Directives from your provider.

This document enables you to communicate your wishes to your family and caregivers in the event of a serious medical condition whereby you cannot speak for yourself.

Domestic Violence

No one deserves to be abused, physically or emotionally. If you have any concerns, please discuss them with your doctor. We urge you to report domestic violence.



Sutter Health
With You. For Life.

2200 River Plaza Drive
Sacramento, CA 95833

www.sutterhealth.org

*Guidelines
for Healthcare
Maintenance*



Sutter Health
With You. For Life.



BIRTH – 18 YEARS

Immunizations/Vaccinations

The following immunizations should be given between birth and 18 years. As different vaccine schedules are required depending upon the vaccine product and type your medical group uses, consult your pediatrician or family physician for the best schedule for your child:

- Hep A: Hepatitis A
(2nd dose at least 6 months after 1st dose)
- Hep B: Hepatitis B
(Children and adolescents should receive vaccine series at 0, 1 and 4 month intervals)
- Hib: Haemophilus influenza type B.
(Need for Hib dose at 6 months varies depending on product.)
- MMR: Measles, Mumps and Rubella
- DTaP: Diphtheria, Tetanus and acellular Pertussis
- Tdap: Tetanus, Diphtheria and low dose Pertussis
- VZV: Chickenpox (Varicella Zoster Virus)
(Susceptible adolescents 13 years or older should receive 2 doses at least 1 month apart.)
- Pneu: Pneumococcal vaccination.
- Flu: Influenza vaccination. Encourage annual vaccination for children who are age 6 months to 2 years during October & November. The initial childhood vaccination requires 2 shots given 4 weeks apart.
- Polio: Series should be completed by 6 years; exact schedule of vaccinations depends upon product used.
- Men: Meningococcal Vaccine

AGE	HepA	HepB	HIB	Polio	DTaP	Tdap	MMR	VZV	Pneu	Flu	Men
Birth		I									
1 mos.		I									
2 mos.		I	X	X	X				X		
4 mos.		I	X	X	X				X		
6 mos.		I	o	I	X				X	I	
9 mos.		I									
12 mos		I	I	I			X	X	X		
18 mos		I	I	I	X					I	
2 yrs.	X										
4-5 yrs.				I	X		X				
11 yrs.				I		X					X

I : Vaccine should be administered sometime during specified interval.
o : The need for Hib dose at 6 months varies depending on product.



AGES 19-39

Women's Health

- Pap Smear At least every 3 years
Begin at 21 years of age unless history of sexual activity
- Chlamydia Every year at the onset of sexual activity through age 25

Immunizations/Vaccinations

- Tetanus-diphtheria Booster every 10 years

Laboratory Testing

- Lipid Screen Men begin at 35



AGES 40-49

Women's Health

Pap Smear	At least every 3 years
Mammogram*	Every 1-2 years Starting at 40

Laboratory Testing

Cholesterol	Every 5 years Women begin at 45
-------------	------------------------------------

Immunizations/Vaccinations

Tetanus-diphtheria	Booster every 10 years
--------------------	------------------------

**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 analysis. Options for breast cancer screening should be discussed annually.*



AGES 50-59

Sigmoidoscopy ¹	At least every 10 years Optional every 5 years
----------------------------	---

AND

Fecal Occult Blood ¹	Annually
---------------------------------	----------

Women's Health

Pap Smear	At least every 3 years
Mammogram	Every 1-2 years

Laboratory Testing

Lipid Screen	Every 5 years
PSA (for men)	*Optional annually

Immunizations/Vaccinations

Tetanus-diphtheria	Booster every 10 years
Influenza	Optional annually

¹Fecal Occult Blood screening should be combined with sigmoidoscopy. Colonoscopy every 10 years is an acceptable alternative to the combined FOBT and sigmoidoscopy screening.

**At age indicated, studies to confirm benefit have not been performed. Patient and clinician should discuss risks and benefits.*

AGES 60 & OVER

Sigmoidoscopy	At least every 10 years until age 70 Optional every 5 years
---------------	--

AND

Fecal Occult Blood	Annually until 75
--------------------	-------------------

Women's Health

Pap Smear	At least every 3 years until age 65
Mammogram	Every 1-2 years until age 75, then optional to age 80
Bone Density	At age 65

Laboratory Testing

Lipid Screen	Every 5 years until age 65
PSA (for men)	Optional annually until 70

Immunizations/Vaccinations

Tetanus-diphtheria	Booster every 10 years
Influenza	Optional annually until age 65, then annually
Pneumococcal	At age 65



Patient Information

Health Maintenance Evaluation— Replacing the “Annual Physical”

Health maintenance and disease prevention are high priorities at Sutter Health. Our Health Maintenance Guidelines Task Force, comprised of primary care physicians/specialists and health educators, reviews new information and regularly updates our recommendations regarding who needs which screening tests and when. We review controversies as they come up, examining the medical literature and the quality of the published evidence. Sutter Health’s Health Maintenance Guidelines summarize the tests and evaluations we recommend for healthy individuals and how often they should be completed. Please review the pamphlet’s section relevant for your age and gender.

One of the most important changes in our recommendations relates to the “annual physical.” A top-to-toe physical examination for someone without symptoms has never been proven to extend life or decrease illness or discomfort.

A “health maintenance evaluation” includes

- 1) identifying risk factors in one’s personal and family health story,
- 2) performing a focused exam, as appropriate
- 3) obtaining needed screening tests at the right intervals, and
- 4) encouraging people to choose healthy lifestyles to maximize their health.

This “checkup” can occur during an office visit devoted to health maintenance or may be covered during an office visit for other concerns.

We encourage our patients to ask questions and to take a partnership approach with their providers to maximize their health and obtain the preventive screening tests that really matter.

Definitions

Pap Smear

A test for abnormal cervical cells which can indicate increased risk of cervical cancer. This is not a test for uterine or ovarian cancer. Pap smears are done during an internal pelvic exam.

Chlamydia Screening Test

A screening test for detecting chlamydia, a curable sexually transmitted infection that can cause scarring, infertility and chronic pelvic infection.

Fecal Occult Blood

A screening test for hidden blood in the stool, which may be a sign of colon cancer.

Sigmoidoscopy

An internal inspection of the lower colon to screen for cancer and polyps (pre-cancerous growths).

Colonoscopy

An internal inspection of the entire colon to screen for cancer and polyps (pre-cancerous growths).

Lipid Screen

A blood test for assessing levels of fats and cholesterol that can increase risk of heart disease and stroke.

PSA

(Prostate Specific Antigen) A blood test for measuring a protein. High levels may be associated with prostate cancer.

Mammogram

A low dose breast x-ray to screen for breast cancer.

Bone Density Test

A low dose x-ray to screen for risk of thinning and weakening of bones, which increase the risk of osteoporosis and fracture.