

USPSTF Recommended Preventive Health Screenings Ages

65 and Older

- Assessment and evaluation for Breast and Ovarian Cancer Susceptibility, a Genetic Risk Assessment and BRCA Mutation Testing - for women whose family history is associated with an increased risk for certain types of breast cancer
- Breast Cancer screening - It is suggested that mammography screenings for women aged 50 to 74 years should occur every other year. The decision to start these mammography screenings before the age of 50 years should be an individual one and take patient context into account. Please check with your doctor regarding mammograms beginning at age 40.
- Cervical Cancer Screening - screening is not recommended for women older than age 65 for cervical cancer if they have had adequate recent screening with normal Pap smears and are not otherwise at high risk for cervical cancer
- Colorectal Cancer Screening is recommended using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults, beginning at age 50 years and continuing until age 75 years

Heart, Vascular and Respiratory Diseases

- Abdominal Aortic Aneurysm Screening - men aged 65 – 75 who have ever smoked - one-time screening for abdominal aortic aneurysm (AAA) by Ultrasonography
- Aspirin for the Prevention of Cardiovascular Disease - for men age 45 to 79 years and women age 55 to 79 when the potential benefits outweigh the potential harm due to an increase in gastrointestinal hemorrhage
- Blood Pressure Screening every 1-2 years or more frequently, if indicated
- Lipid Disorders Screening in Adults – recommended for men and for women age 20 and older if at increased risk.

Infectious Diseases:

- Gonorrhea, Screening for women if sexually active and at increased risk HIV, Screening for adults with high risk
- Sexually Transmitted Infections, Counseling for adults at increased risk Syphilis Infection, Screening if at increased risk

Mental Health Conditions and Substance Abuse:

- Alcohol Misuse, Screening and Behavioral Counseling Interventions in Primary Care

- Depression (Adults), Screening, when staff assisted depression care supports are in place to ensure accurate diagnosis, effective treatment and follow-up
- Tobacco and Tobacco-caused Disease, Counseling and Interventions

Metabolic, Nutritional and Endocrine Conditions:

- Height and weight annually
- Obesity in adults, screening
- Type 2 Diabetes Mellitus in adults, screening in adults without symptoms if blood pressure is greater than 135/80 (treated or untreated)

Musculoskeletal Conditions:

Osteoporosis Screening in women - at age 65 years or older and in younger women whose fracture risk is equal to or greater than that of a 65-year-old white woman who has no additional risk factors.

Source:

USPSTF Guide to Clinical Preventive Services 2012