

Adult Preventive Care Month

September 2022



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HEALTHY HEARTS! HEALTHY YOU!

Why

According to the Centers for Disease Control (CDC), six out of ten U.S. deaths are caused by chronic disease. Roughly half of the country's population has been diagnosed with a chronic illness, including heart disease, cancer, diabetes, AIDS, or other conditions classified by the medical community as preventable.

Statistics like these signal a need for greater national emphasis on proven preventive approaches to health care. Services like routine cardiovascular exams alone save tens of thousands of adult lives each year. Preventive health screenings and primary care consultations have also been found to significantly increase life expectancy, particularly among the 30- to 49-year age group. When connecting with your doctor, it's recommended to check what is covered under your health insurance or what your out-of-pocket cost may be for preventive health screenings.

Routine Tests, Exams and Screenings

In addition to visiting a doctor when an illness or injury occurs, annual or bi-annual check-ups allow your doctor to monitor your diagnostic readings (for example heart rate and blood pressure) and, if necessary, prescribe medication and/or treatment.

Screenings, routine tests, and exams check for chronic diseases and infections such as cancer, diabetes, and heart disease. Preventive medical care and screenings recommended by the National Institute of Health (NIH) and U.S. Preventive Services Task Force (USPTF) for adults are:

- **Dental:** At least once a year for dental and oral health checks.
- **Vision:** At least every 2 to 3 years unless you have been diagnosed with diabetes, then once a year.
- **Blood Pressure:** Check at least every 2 years, over 40 years annually; target is $\leq 120/80$
- **Cholesterol screening:** Screening is targeted between the ages of 20 and 65. How often you should get these screenings is usually every 4-6 years, but will depend on factors like your weight, past medical history, and diet.
- **Breast cancer screening:** Mammograms every 2 years for women aged 50-74 years; The decision to start prior to age 50 is an individual one. Some women may choose to begin screening between ages 40-49 years.
- **Cervical cancer screening:** Cytology screening is every 3 years for women aged 21-29. The recommendation for women 30-65 is cytology screening every 3 years or if tested for high-risk human papillomavirus (hrHPV), then every 5 years.
- **Prostate cancer screening:** For men aged 55-69 years, the decision to undergo periodic blood testing for PSA is an individual one. Men should have an opportunity to discuss the potential benefits and harms of screening with your provider.

- **Lung cancer screening:** Annual screening with low-dose computed tomography in adults aged 50-80 who have a 20-pack-year smoking history and currently smoke or have quit within the past 15 years; Screening may be discontinued once a person has not smoked for 15 years, it is up to your provider.
- **Colorectal cancer screening:** Screening starting at age 45 and continuing to age 75 years. The decision to screen between aged 76-85 should be an individual one.

Vaccinations

Vaccines help to boost the immune system and prevent diseases like influenza, hepatitis and shingles.

- To find out which vaccines you may need, you can take the Adolescent and Adult Vaccine Quiz on the CDC's [website](#). Then be sure to check with your doctor at your next office visit.
- See the following immunization schedule from the CDC.

Table 1 Recommended Adult Immunization Schedule by Age Group, United States, 2022

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV4) or Influenza recombinant (RIV4)	1 dose annually			
Influenza live, attenuated (LAIV4)				
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (see notes)			
	1 dose Tdap, then Td or Tdap booster every 10 years			
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)			
Varicella (VAR)	2 doses (if born in 1980 or later)		2 doses	
Zoster recombinant (RZV)	2 doses for immunocompromising conditions (see notes)		2 doses	
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
Pneumococcal (PCV15, PCV20, PPSV23)	1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 (see notes)			1 dose PCV15 followed by PPSV23 OR 1 dose PCV20
Hepatitis A (HepA)	2 or 3 doses depending on vaccine			
Hepatitis B (HepB)	2, 3, or 4 doses depending on vaccine or condition			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations			
	19 through 23 years			
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication			

■ Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection
 ■ Recommended vaccination for adults with an additional risk factor or another indication
 ■ Recommended vaccination based on shared clinical decision-making
 ■ No recommendation/Not applicable

References:

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