

Adult Preventive Care Guidelines

GUNDERSEN
HEALTH SYSTEM®

Gundersen is your partner for better health. We want to work with you to make sure that you and your family are as healthy as possible. That can be accomplished best if we work together as a team.

These Preventive Care Guidelines will help you understand the steps you can take to improve your health. These steps are a guide to your health. They are recommended for a person with average health risks. Ask your doctor if these guidelines are right for you. Together you can develop your own personal guide to better health.

Adult Preventive Care Guidelines Screenings

Wellness Exam

We recommend wellness exams for all adults every 1 to 3 years.

Regular health exams are important to keep you on the track to good health. We will talk about the screenings listed below when you have your wellness exam. It is important to have a wellness exam by itself, instead of trying to squeeze it into an illness visit or chronic disease checkup. This allows you and your care provider time to discuss your care together, as a team.

Blood Pressure (Hypertension Screening)

All adults should have their blood pressure checked at least once every two years. Gundersen strives to take a measurement every time you visit the clinic.

High blood pressure is one of the leading causes of early death and disability in the United States. Fortunately, high blood pressure is almost always controllable. Checking blood pressure regularly and following your care provider's advice about diet, exercise, medicine, and changes in your lifestyle ~~you~~ can help control your blood pressure for better health.

Depression and Anxiety Screening

All adults age 18 years and older should be screened for depression and anxiety at every wellness exam.

Because mental health is so important to your overall health, your health care provider will ask you a set of simple questions about how you are feeling. Your answers will help you and your provider decide if how you are feeling is affecting your health.

Cholesterol Test

Starting at age 20 years all adults should have a fasting cholesterol test. This test will measure all parts of your cholesterol every 5 years. This test is called a lipid profile.

The research shows a link between high cholesterol and the increased risk of heart disease. All the parts of your cholesterol (total, HDL or good cholesterol, LDL or bad cholesterol, and triglycerides) are important numbers to your health care provider. They help us understand your risk for heart disease. Gundersen recommends testing by a qualified laboratory or healthcare provider to make sure results are accurate and reliable.

Fasting Blood Sugar (Diabetes Screening)

Starting at age 18, a fasting blood sugar should be measured every three years to screen for diabetes mellitus.

Many people have diabetes mellitus without knowing it. If not treated, diabetes can be very serious, but diabetes can be controlled. Early diagnosis and treatment lowers the risks of complications and improves your health. If you have certain risk factors like being overweight or not exercising, your chances of developing diabetes are higher.

Mammography (Breast Cancer Screening)

Women age 40 years and older should talk with their health care provider about their risk of breast cancer. You and your doctor can decide when you should begin having a mammogram and how often to have one. Most women will start getting a yearly or every-other-year mammogram at age 40 and continue until age 75.

Breast care is one the most important parts of women's healthcare. A clinical breast exam can find changes in the breast, and regular mammograms are keys to early diagnosis and treatment of breast cancer. It is easier and more effective to treat cancer if it is found early.

Pap Smear (Cervical Cancer Screening)

Women age 21 and older should have a Pap smear every 3 years until age 30, and then every 3 to 5 years until age 65. If women are also tested for human papilloma virus (HPV) test at the same time as a Pap smear, then women should have a Pap smear every 5 years.

Multiple sexual partners, having sex at an early age, using oral contraceptives and smoking can put you at higher risk for getting cervical cancer. Even if you do not have these risk factors, you should be tested. Early diagnosis and treatment is important for treatment of cervical cancer.

Chlamydia Screening

Women age 18 to 25 years should have a chlamydia screening test every year. Testing for Gonorrhea or other sexually transmitted infections may also be done at the same time if your health care provider thinks you are at risk.

Chlamydia is the most common sexually transmitted bacterial infection. Symptoms are usually mild or absent. However, untreated chlamydia can cause serious problems. These things can put you at higher risk of getting a chlamydia infection:

- New or multiple sexual partners
- A previous sexually transmitted disease
- Not regularly using barrier method birth control, such as condoms.

Testing can be done as part of the routine gynecological exam.

Colorectal Cancer Screening

A complete colonoscopy should be done every 10 years for those age 50 years and older. Yearly stool samples (a FIT test) is an acceptable alternative.

Colorectal cancer is the second leading cause of cancer deaths among all adults. Colonoscopy is the best way to find colon cancer at an early stage, when successful treatment is likely. Some cancers may be prevented by detection and removal of polyps. Exercising, limiting fats, and eating plenty of fiber also helps reduce your risk of having colon cancer. If a polyp is found, screening may be recommended more often.

Bone Mineral Density (Osteoporosis Screening)

Women age 65 and older should have a bone mineral density measurement at least once. Based on risk factors, women may need to be screened earlier. Many men may also be screened.

Osteoporosis is a disease in which bones become fragile and more likely to break. It is more common in women than men. Use of some medicines, heavy use of alcohol, and your body structure can all affect your risk of osteoporosis. You can't tell if you have osteoporosis, but the information from a bone density test will help your healthcare provider know if you have a risk of fractures. Starting weight-bearing exercise when you are younger and eating foods high in calcium will help prevent osteoporosis.

Hepatitis C Screening

Adults born between 1945 and 1965 should be screened once for hepatitis C virus with a simple blood test.

Hepatitis C is more common among adults who have had blood transfusions or injected illegal drugs. However, many baby boomers were infected in their teens and twenties. Millions of Americans are infected with the hepatitis C virus, but don't know about it. It is possible to have a long-term infection, but not have any symptoms. Untreated hepatitis C can damage the liver.

Lung Cancer Screening

Adults age 55 to 80 years who have smoked heavily (equal to a pack of cigarettes per day for 30 years) and smoke now, or who have quit within the last 15 years should have an annual screening using a low dose CT scan.

There is a strong relationship between smoking and lung cancer. The CT scan is like an X-ray machine that scans the body using low doses of radiation to make detailed pictures of your lungs. If lung cancer is caught early when it is small and before it has spread, people have a better chance of living longer.

Abdominal Aortic Aneurysm Screening

Men age 65 to 75 years who have ever smoked should be screened once for risk of an abdominal aortic aneurysm using an ultrasound test.

An abdominal aortic aneurysm is an enlargement of the aorta. The aorta is the main blood vessel that delivers blood to the body, at the level of the abdomen. This problem is not common, but is found more often in men over the age of 65 who have ever smoked. An untreated aneurysm can lead to death, but if caught early and before it becomes too large, it can be treated.

Immunizations

Tetanus Diphtheria Pertussis

All adults who have not received this combined vaccination should receive it. All adults should receive a booster at least every 10 years. All adults should receive one single dose booster with pertussis (Tdap) and tetanus diphtheria (Td) thereafter.

Influenza

Influenza vaccine (flu shots) should be given yearly to everyone age 18 and older, especially anyone with a weakened immune system. The influenza vaccine can be given to anyone who asks for it. It may be helpful for healthy working adults.

Pneumococcal

The pneumonia vaccination should be given to people age 65 and older. It should be given earlier to those with medical conditions that increase their risk of pneumonia. For this vaccine, you will be given 2 shots one year apart. Both work together to give you the best chance of avoiding pneumonia.

Herpes Zoster (Shingles)

Adults over the age 50 should have this vaccine to prevent the re-occurrence of herpes zoster or shingles. Even if you've had the chickenpox or gotten an earlier vaccine for shingles or chickenpox, you should have this vaccine. In older adults, shingles can cause a very painful rash and can be quite serious. This is a new vaccine in 2018 and it is more effective than the older vaccine. It is given in two doses, about two months apart.

Adult Preventive Care Guidelines Gundersen Health System

Applies to	Females	Males	Males & Females											
Age	18-19	20	21-25	26-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Wellness Exam	Every 1-3 years													
Blood Pressure	Blood Pressure measured at least every 2 years													
Depression and Anxiety screening	Screening by survey completed at every wellness exam													
Cholesterol test		Fasting Total Lipid Profile every 5 years												
Diabetes screening	Fasting Blood Sugar every 3 years for Body Mass Index (BMI) greater than or equal to 25.0													
Breast cancer screening								Discussion and shared decision with provider to determine frequency and age to start Mammograms (every 1-2 years)						
Pap Smear/HPV test			Every 3 years	Pap Smear every 3 years OR Pap Smear and HPV Test every 5 years										
Chlamydia screen	Yearly													
Colorectal cancer screening										Colonoscopy every 10 years OR Stool specimen yearly				
Osteoporosis screening												Bone Mineral Density at least once		
Hepatitis C screening										Once for adults born 1945-1965				
Lung cancer screening										Yearly CT scan for heavy current or former smokers				
Abdominal Aortic Aneurysm screening												Once for smokers		
Immunizations														
Tetanus-Diphtheria Pertussis	Tdap once, then Td every 10 years													
Influenza	Yearly													
Pneumococcal												Two doses, one year apart		
Herpes Zoster (Shingles)										Two doses, 2 months apart				

Remember these are designed to serve as a guide. You and your health care provider should work together to decide what care is best for you and your overall health.

Making Healthier Lifestyle Choices

More than 75% of all disease and illness is related to unhealthy lifestyles. Fortunately for you, there are many things that you can do to keep yourself healthy.

Team up with your doctor for medical and preventive care and make healthier lifestyle choices:

- ❖ If you smoke, consider quitting. If you don't smoke, keep up with this healthy behavior! Avoid indoor areas where smoking is allowed.
- ❖ Eating low-fat, high fiber food is the best way to lower your risk for cancer, heart disease, stroke, diabetes, and obesity.
 - Eat at least 5 servings of fruits and vegetables every day
 - Choose low-fat and nonfat dairy products, baked goods and meats.
 - Control cholesterol. Limit foods like eggs, liver, whole milk, and red meats.
 - Shake the salt habit. Use herbs, lemon juice, flavored vinegars and spices to flavor food.
- ❖ Get plenty of fluids. Drink water more often; alcohol and caffeine less often.
- ❖ Exercise is an important way to lower your risk for heart disease, cancer, diabetes, obesity, osteoporosis, stress, and high blood pressure. Just do something – 30 minutes a day is all it takes.
 - Take the stairs instead of the elevator.
 - Park your car farther away from the building and walk the rest of the way.
 - Consider aerobic exercise such as biking, swimming or jogging to improve heart function and increase your good cholesterol.
 - Consider strength exercise (sit-ups, weights, resistance bands) to increase active muscle tissue and burn more calories.
 - Flexibility exercise or stretching will keep you flexible and decrease your chance of injury.
- ❖ If you drink alcohol, drink in moderation. Always use a designated driver if you've had too much to drink.
- ❖ Always wear your seatbelts. Make sure any children in your vehicle are wearing a seatbelt or are in a safety seat.
- ❖ Always wear a bicycle or motorcycle helmet and make sure your child does too.
- ❖ Wear sunscreen and cover up with clothing and a hat when you are out in the sun for a long time.
- ❖ Ease your stress. Take time to manage your response to stress:
 - Think and don't react. Stop... breathe deeply or count to 10 (or 100 if that's what it takes.)
 - Tune into the positive. Look for the good in every situation. Talk to a friend to help put things in perspective.
 - Take care of yourself. Make time for yourself and enjoy life. Read a book, listen to music, take a walk, or have a good laugh!

If you would like more information on living a healthier life or to learn about programs to help with smoking cessation, weight loss, stress management or physical activity, call the Gundersen department of Community and Preventive Care Services. These programs and information can help you learn or maintain healthy living habits. Call 608-775-4717, email wellness@gundersenhealth.org or browse www.gundersenhealth.org/wellness