

The American Medical Society's Preventive Care Guidelines

The goal of these guidelines is to prevent illness and identify potential problems in their early stages.

Cascade Family Practice has endorsed these guidelines for all our patients and their family members. Why? The program is designed to detect diseases before they are clinically apparent, that is, for individuals with "no problems" or in otherwise "good health." **Early detection can lead to an improved outcome.**

If you have a family history that makes one of these diseases more likely, screenings on a more frequent basis is advisable. Any individual circumstances should be discussed with your provider to determine an interval appropriate for you.

For Children

Newborns and babies should be examined by their Physician at 2 weeks, 2 months, 4 months, 6 months, 12 months, 18 months, and 2 years of age.

Age 3-19 years old

Yearly examinations by a Physician to monitor health and development during these critical growth years.

All age children

The latest immunization guidelines should be discussed during every examination by a Physician.

Men & Women 20-40 years old

Women

1. Physical Exam and history every year
2. Pap Smear every year (unless has had hysterectomy)

Men

1. Physical Exam and history every 5 years

Men & Women

1. Urinalysis, Cholesterol screening and other appropriate tests every exam

Men & Women 40-50 years old

Women

1. Pap Smear every year (unless has had hysterectomy)
2. Screening Mammogram (Breast X-Ray) every 1-2 years

Men

1. Digital Rectal Examination

Men & Women

1. Physical Examination and history every year
2. Urinalysis, Cholesterol screening and other appropriate blood tests
3. Stools for occult bleeding yearly

Men & Women 50-65 years old

Women

1. Pap Smear every year (unless has had hysterectomy)
2. Screening Mammogram (Breast X-Ray) every year
3. Bone Density X-Ray, if appropriate

Men

1. Digital Rectal examination
2. Prostate Specific Antigen (PSA) testing

Men & Women

1. Physical Examination and history once a year
2. Urinalysis, Cholesterol screening and other appropriate blood tests
3. Stools for occult bleeding yearly
4. Colonoscopy every 10 years
5. Baseline electrocardiogram (ECG) if appropriate
6. Pulmonary Function Test (PFT) if appropriate

Men & Women over 65 years old

Women

1. Pap Smear every 2-3 years if appropriate
2. Screening Mammogram (Breast X-Ray) every year
3. Bone Density X-Ray if appropriate

Men

1. Digital Rectal Examination
2. Prostate Specific Antigen (PSA) testing if appropriate

Men & Women

1. Physical Examination and history once a year
2. Urinalysis, Cholesterol screening and other appropriate blood tests
3. Stools for occult bleeding yearly
4. Colonoscopy every 10 years
5. Baseline Electrocardiogram (ECG) if appropriate
6. Pulmonary Function Test (PFT) if appropriate
7. Hearing test at age 65 and yearly if abnormal
8. Influenza immunization once every year

Immunizations

Tetanus

Booster immunization every 10 years after basic series

Pneumovax-Pneumonia

Once a lifetime. Booster if you had a splenectomy