

Preventive Health Guidelines 2008-2009

Guidelines	Source
Cancer Screening	
<p>Breast Cancer Screening</p> <ul style="list-style-type: none"> • Age 20-39 = clinical breast exam every 2 years* • Age 40-49 = clinical breast exam and mammography 1-2 years* • Age 50-70 = clinical breast exam and mammography annually <p>* Dialogue between patient and physician should determine a patient's desires, risks, and needs for yearly screening versus every 2 years.</p>	<p>American Cancer Society American College of Obstetricians and Gynecologists American College of Radiology National Cancer Institute US Preventive Services Task Force</p>
<p>Cervical Cancer Screening</p> <ul style="list-style-type: none"> • Age 18 and older = every 1-3 years based on dialogue with physician 	<p>American Cancer Society American College of Obstetricians and Gynecologists National Cancer Institute US Preventive Services Task Force</p>
<p>Colorectal Cancer Screening</p> <ul style="list-style-type: none"> • When to Begin Screening <ul style="list-style-type: none"> • Begin screening for colorectal cancer at age 50. • Individuals who are at high risk for developing colon cancer should be screened earlier and more frequently in consultation with a specialist in this area. • When to Stop Screening <ul style="list-style-type: none"> • All screening should be individualized based on age, medical condition, and comorbidity, and may not be appropriate for individuals with a life expectancy of less than 5 years. Thus, screening may be discontinued late in life. • Screening Options <ul style="list-style-type: none"> • FOBT yearly • Flexible sigmoidoscopy every 5 years (every 10 years may also be effective), with or without FOBT every year • Colonoscopy every 10 years • Double contrast barium enema every 5 years 	<p>American Cancer Society Colorado Clinical Guidelines Collaborative</p>
<p>Prostate Cancer Screening</p> <ul style="list-style-type: none"> • Beginning at age 40, counsel about the known risks and unknown benefits of screening for prostate cancer. • If screening is performed, screen with DRE and PSA. It is most helpful among young, relatively healthy men — those with a life expectancy of greater than 10 years. 	<p>American Cancer Society US Preventive Services Task Force</p>

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Immunizations Schedules	
<p>Adult Immunizations</p> <ul style="list-style-type: none"> Recommended Adult Immunization Schedule, 2007 – 2008 	<p>Advisory Committee on Immunization Practices American College of Obstetricians and Gynecologists Colorado Department of Public Health and Environment</p>
<p>Childhood Immunizations</p> <ul style="list-style-type: none"> Recommended Childhood Immunization Schedule, 2007 Recommended Childhood and Adolescent Catch-Up Schedule, 2007 CDC update January 2008 	<p>Advisory Committee on Immunization Practices American Academy of Pediatrics American Academy of Family Physicians</p>
Well-Care Guidelines	
<p>Well-Care Guidelines for Infants</p> <ul style="list-style-type: none"> Recommended intervals: 1 and 4 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months 	<p>American Academy of Pediatrics American Academy of Family Physicians</p>
<p>Well-Care Guidelines for Children and Adolescents</p> <ul style="list-style-type: none"> Age 3-5 annually Age 6-10 every two years Age 11-21 annually 	<p>American Academy of Pediatrics American Academy of Family Physicians</p>
<p>Well-Care Guidelines for Adults</p> <ul style="list-style-type: none"> Age 21-40 every 5 years if healthy Age 40 + every 1-3 years 	<p>American Academy of Family Physicians Institute for Clinical Systems Improvement</p>
Additional Guidelines	
<p>Osteoporosis Screening</p> <ul style="list-style-type: none"> Women age 65+ - Routine screening for osteoporosis Women age 60 - Routine screening for women at increased risk for osteoporosis fractures 	<p>American College of Obstetricians and Gynecologists National Osteoporosis Foundation US Preventive Services Task Force</p>