

RECOMMENDED IMMUNIZATIONS FOR ADULTS

- **Influenza - (Flu)**
Ages: 19-65 - Get a flu shot annually
- **Tetanus, Diphtheria, Pertussis — (Td/Tdap)**
Ages: 19-65 - After initial vaccine, get a booster every 10 yrs.
- **Varicela (Chicken pox)**
Ages: 19-65 (2 doses)
- **HPV Vaccine for Women**
Ages: 19-26 (3 doses)
- **HPV Vaccine for Men**
Ages: 19-21 (3 doses)
Ages: 22-26 (3 doses)
- **Zoster (Shingles) Ages: 60 +** (1 dose)
- **Measles, Mumps, Rubella (MMR)**
Ages: 19-55 (1 or 2 doses)
- **Pneumococcal - (Pneumonia)**
Ages: 19-65 (1-3 doses)
- **Meningococcal - Ages: 1-65** (1 dose)
- **Hepatitis A - Ages: 1-65** (2 doses)
- **Hepatitis B - Ages: 1-65** (3 doses)

Footnotes

- **Influenza Vaccine:** There are four types of flu vaccines available. Talk to your doctor about which one is right for you.
- **Tdap Vaccine:** Pregnant women are recommended to get a Tdap vaccine with each pregnancy to increase protection for infants who are too young for the vaccine, but are at greatest risk of severe illness or death from Pertussis.
- **HPV Vaccine:** There are two kinds vaccines, but only one (Gardasil) can be given to men. Gay men ages 22-26 should get vaccinated, if they haven't already, and complete the series.
- If you are traveling outside of the US you may need additional vaccines. Ask your doctor.

It is recommended that after you get your screening results:

1. Make your results available to your doctor (s).
2. Compare your recent results with previous test results you or your doctor may have.
3. Discuss your test results with your doctor (s) and ask questions for clarification.
4. Consider a second opinion if you are not convinced of your test results and treatment is being considered.

RECOMMENDED ADULT PREVENTIVE HEALTH CARE

April 2013



The following preventive guidelines have been adapted for the general population by the U.S. Preventative Services Task Force, the Centers for Disease Control and Prevention and other health agencies. More complete information is available about specific screening strategies based on clinical history, assessment and risk factors unique to each individual by logging on to:

<http://www.cdc.gov/vaccines/schedules/hcp/adult.html>
or contacting the
Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30333
1-800-232-4636

FOR ADDITIONAL INFORMATION

Contact Olga L. Sáenz, E.C.I.S.D. Employee Benefits Dept.
at 956-289-2305 ext. 2712

Please visit www.bcbstx.com for the most updated provider listing, or call 1-800-521-2227 for customer service.

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Adult Preventive Health Tests and Screenings

RECOMMENDATIONS:

Annual Physical Examinations should include:

Breast Cancer:

- Annual clinical examination as part of annual physical examination.
- 40+years: Mammograms – every 1-2 yrs, or at physician's discretion.

Cervical Cancer (*Pap Smear Test*) - (for women who are, or have been sexually active)

- 21- 64 years : At least every three years.
- 65+ years : May suspend testing after age 65 if previous consecutive screenings have been negative.
- For women who became sexually active at an early age, the three year cycle should begin within 3 years of onset of sexual activity.

Cholesterol:

- 19- 64 years: Every five years, or at physician's discretion
- 65+years: At physician's discretion

Colorectal Cancer:

- 19-49 years: For those at high risk (See Cancer Screening Guideline)
- 50+years: Annual Fecal Occult Blood Test (FOBT). A sigmoidoscopy every 5 yrs; or a colonoscopy every 10 yrs. at physician's discretion.

Dental: (*all ages*)

- Annual routine exam
- Bitewing X-rays
- Cleaning

Depression:

- 19-65+years: Screen annually for sleep and appetite disturbances, weight loss /gain, general agitation.

Diabetes (Type II):

- 19- 65+years: At least every 5 yrs until age 45, and every 3 yrs after age 45 for individuals at high risk using fasting plasma glucose (FPG) test.
- Risk factors include: family history of coronary heart disease (CHD), hypertension, diabetes mellitus, peripheral atherosclerosis or carotid artery disease, and current cigarette smoking.

Hearing:

- 19-65+years: Screen annually as part of physical examination.
 - Re-evaluate if hearing problem is reported, or a change in behavior is noted.
- Comprehensive audiological examination:*
- 19-65+ years: Audiological examination by audiologist recommended. Follow-up exams based on recommendations of audiologist.

Hepatitis B and Hepatitis C:

- 19-65+years: Periodic testing if risk factors are present. i.e., sexually active, history of blood transfusions, history of biting other people.

Human Immunodeficiency Virus (HIV):

- 19-65+ years: Periodic testing if at risk and testing of all pregnant women.

Hypertension: 19-65+years: Check up at least annually.

Immunizations: CDC recommendations included in this brochure.

Liver Function:

- 19-65+ years: Annually for Hepatitis B carriers.
- Frequency may be modified at the discretion of the primary care prescriber after consideration of risk factors including use of long term prescription medications.

Ocular Health: (*Vision*)

- 19-65+years: Screen annually as part of physical examination.
- Reevaluate if vision problems are reported or a change in behavior is noted.
- *Comprehensive medical eye examination* including testing for glaucoma:
 - 19-29 years: At least once
 - 30–39 years: At least twice
 - 40-64 years: Every 2-4 years
 - 65+years: Every 1-2 years
- Follow-up exams based on recommendations of ophthalmologist.

Osteoporosis:

- 19-64 years: Bone density screening when risk factors are present (mobility impairments, post-menopausal women).
- Periodic screening at the physician's discretion.
- Preventive measures include dietary calcium, and Vitamin D intake, weight-bearing, exercise, and smoking cessation.

Prostate Cancer:

- 50+years: Annual Digital Rectal Exam (DRE) and Prostate Specific Antigen (PSA) annually.
- For high risk (African-Americans and those with strong family history): Begin screenings earlier.

Skin Cancer:

- Annual skin examinations of the entire body. More frequently for people at high risk for malignant melanomas.

Testicular Cancer:

- Annually as part of annual physical exam until age 40. Additional examinations on quarterly basis, or with other scheduled health exams until age 40.

Tuberculosis: Annual tuberculin skin testing in accordance with regulatory standards, agency policy, and CDC guidelines.