

Preventive Care Screenings

Getting the right screenings at the right times are some of the most important things you can do for your health. Eating right, staying active and maintaining a relationship with a primary care physician can help you get healthy and stay healthy. If you're not up-to-date on your health screenings, then it's time for a check-up from a Utica Park Clinic doctor.



Age 18-39

Cholesterol: At least once every five years for adults ages 20 and older.

General wellness exam: Check blood pressure, heart rate, temperature and overall health every one to three years for adults ages 19-49.

Hepatitis C: Once for adults ages 18 or older.

HIV: Annually for adults ages 18-65 based on risk.

Vision: Every two to four years for adults ages 20-64.

Men

Testicular exam: Annually for men ages 14-35.

Women

Breast cancer: Mammography every three years for women ages 20-39.

Cervical cancer: Pap test every three years for women ages 21-29. Pap test with HPV screening every five years for women ages 25-65.



Age 40-49

Cholesterol: At least once every five years for adults ages 20 and older.

Diabetes: Begin at age 45, then every three years. More frequently based on risk.

General wellness exam: Check blood pressure, heart rate, temperature and overall health every one to three years for adults ages 19-49.

Hepatitis C: Once for adults ages 18 or older.

HIV: Annually for adults ages 18-65 based on risk.

Vision: Every two to four years for adults ages 20-64.

Men

Prostate cancer: Begin at age 45 for African Americans and other men with higher risk, and at age 50 for men with lower risk following an informed decision-making discussion with your PCP.

Women

Breast cancer: Choice to start annual mammography for women ages 40-44.

Annual mammography for women ages 45-54.

Cervical cancer: Pap test with HPV screening every five years for women ages 25-65.



Age 50-74

Cholesterol: At least once every five years for adults ages 20 and older.

Colon cancer: Colonoscopy by age 50 then every ten years, or annual fecal occult blood test (FOBT) or sigmoidoscopy every five years.

Diabetes: Every three years. More frequently based on risk.

General wellness exam: Check blood pressure, heart rate, temperature and overall health annually.

Hepatitis C: Once for adults ages 18 or older.

HIV: Annually for adults ages 18-65 based on risk.

Lung cancer: Once if you are a current or former smoker, age 50-80 and have a smoking history of at least 20 pack-years.

Vision: Every two to four years for adults ages 20-64.

Men

Abdominal aneurysm: Once between ages 65-75 if you have smoked.

Prostate cancer: Begin at age 45 for African Americans and other men with higher risk, and at age 50 for men with lower risk following an informed decision-making discussion with your PCP.

Women

Breast cancer: Annual mammography for women ages 45-54.

Mammography every two years based on risk for women ages 55 and older.

Cervical cancer: Pap test with HPV screening every five years for women ages 25-65.

Osteoporosis: Begin at age 60 or 65 based on risk.



Ages 75 and older

Cholesterol: At least once every five years for adults ages 20 and older.

Colon cancer: Colonoscopy by age 50 then every ten years, or annual fecal occult blood test (FOBT) or sigmoidoscopy every five years.

Diabetes: Every three years. More frequently based on risk.

General wellness exam: Check blood pressure, heart rate, temperature and overall health annually.

Hepatitis C: Once for adults ages 18 or older.

Lung cancer: Once if you are a current or former smoker, age 50-80 and have a smoking history of at least 20 pack-years.

Vision: Every one to two years.

Men

Prostate cancer: Begin at age 45 for African Americans and other men with higher risk, and at age 50 for men with lower risk following an informed decision-making discussion with your PCP.

Women

Breast: Mammography is optional after 74.



Adult Vaccinations

Haemophilus influenza, type B: One or three doses if not previously immunized if you have asplenia, sickle cell anemia, stem cell transplant and other risk factors.

Hepatitis A: Two doses if not previously immunized if requested or at risk.

Hepatitis B: Three doses if not previously immunized.

Human papillomavirus (HPV): Women ages 18-26 if not previously immunized. Men ages 18-21. Two to three doses.

Influenza: One dose annually at the beginning of flu season (typically September).

Measles, mumps, and rubella (MMR): One to two doses if unvaccinated, born after 1957 and no evidence of immunity.

Meningococcal (Meningitis): One or more doses if not previously immunized, depending on risk factors and other indicators.

Pneumococcal: PCV13 – one dose after age 65. PPSV23 – one to two doses based on medical history.

Shingles: One dose after age 59.

Tetanus, Diphtheria (Td): Tdap – one dose. TD booster every 10 years.

Varicella (Chicken pox): Two doses four to eight weeks apart without evidence of immunity.

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Get Healthy. Stay Healthy.

The screening guidelines above are general recommendations. Talk to your primary care physician about screening frequencies that are right for you.