

Adult Preventive Healthcare Guidelines



At Hudson Physicians, we are committed to delivering the highest quality, personal primary health care to the Hudson area.

Our experienced, compassionate team offers you and your family complete health care with seamless coordination to specialty services.

We offer convenient appointment times with extended hours and same day scheduling to accommodate your busy schedule. We care for your health.

To schedule a test or screening, or to make an appointment to see a Hudson Physicians provider, call us at 715-531-6888.

Notes:

Disease Management Guidelines



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Guidelines for Good Health



Preventive healthcare guidelines are for services that detect or prevent disease and disability from occurring. The physicians at Hudson Physicians recommend the following as minimum guidelines for healthy adults. These minimum recommendations for care do not replace the judgment of you or your healthcare provider.

Preventive Healthcare Guidelines are intended for people who are at low risk for developing disease and have no disease symptoms. If you have certain risk factors or symptoms, you may need to have some tests more frequently than guidelines specify. Discuss with your physician what is best for you.

For those with on-going conditions, extra attention must be paid to assure that monitoring and treatment are as effective as possible. Your physician will be happy to discuss these guidelines with you.

Adult Immunization

- Influenza vaccination is recommended annually for those age 65 and older and as well as those with chronic health conditions.
- Pneumococcal vaccination should be done at age 65 if not done previously.
- Immunization to prevent tetanus is recommended every 10 years.
- Ask your provider about other recommendations that might be applicable to you.

Blood Pressure

Those who do not have a history of high blood pressure should have it checked annually.

Breast Cancer Screening

All women should have a screening mammogram and an annual physical breast exam every 1-2 years beginning at age 50.

Cervical Cancer Screening

All women should have an annual pap smear starting at age 21 or 3 years after the onset of sexual activity; then once every 3 years after 3 consecutive normal results over 5 years. Those 65 and older with a new sexual partner should resume routine screening.

Cholesterol and Lipid Screening

A screening lipid profile (total cholesterol, HDL and LDL) should be performed for men every five years from age 35 and be evaluated for risk factors for coronary artery disease including hypertension, diabetes, obesity (BMI >30), personal or family history of coronary heart disease, and tobacco use.

Asthma

An annual asthma focused visit and lung function test as needed.

Cardiovascular Disease

- An annual blood pressure check
- Maintain a blood pressure of less than 130/80
- An annual blood test to check your LDL (low density lipoprotein or "bad" cholesterol)
- Maintain LDL (low density lipoprotein or "bad" cholesterol) level at less than 100 mg/dl

High Blood Pressure

- An annual physical exam with a blood pressure check
- Maintain a blood pressure of less than 140/90
- A blood test to check your blood cholesterol level if you have other risk factors such as a family history of heart disease

Screening for women should be performed every five years from age 45 and be evaluated for risk factors.

Chlamydia Screening

Those age 16-26 years of age should be screened yearly.

Colon Cancer Screening

A colon cancer screening program should start at age 50 and continue through age 80. A colonoscopy is recommended every 10 years or an annual fecal occult blood test along with a flexible sigmoidoscopy every 5 years.

Depression Screening

It is recommended to screen for depression annually beginning at 18 years of age.

Osteoporosis Screening

It is recommended woman age 50-70 should be screened for osteoporosis. Discuss with your healthcare provider.

Prostate Cancer Screening

Screening for prostate cancer should be discussed with men age 50-75 every two years.

Tobacco Cessation

Quitting smoking and/or chewing is recommended for all people who use tobacco products.

Diabetes

- A blood test to check your HgbA1C every six months
- Maintain an HgbA1c level of less than 7.0 percent
- An annual lipid blood test to include HDL (high density lipoprotein), LDL (low density lipoprotein) and tryglycerides
- Maintain LDL (low density lipoprotein or "bad" cholesterol) level at less than 100 mg/dl
- An annual urine exam to check for protein (and thus kidney function)
- An annual dilated eye exam for blood vessel changes related to diabetes
- An annual blood pressure check
- Maintain a blood pressure of less than 130/80
- An annual foot exam by your provider