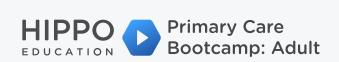
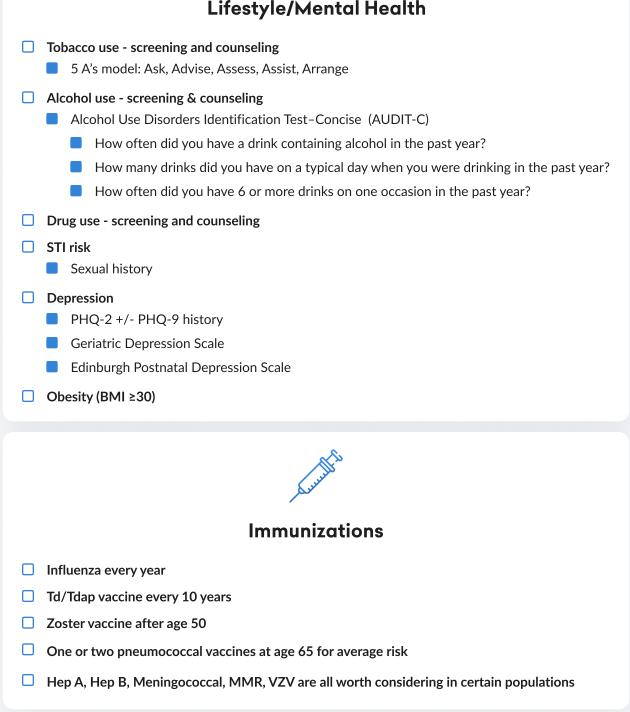
# **Preventative Care Checklist**





## Lifestyle/Mental Health



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### **Screening Considerations**

#### Hypertension

- 18+ with office blood pressure management
- Annually in 40+
- Annually with increased risk
- Every 3-5 years in 18-39 without risk factors + normal BP reading

#### Diabetes mellitus/Prediabetes

- 35-70 with BMI ≥25
- Fasting glucose, A1c, or GTT
- Repeat every 3 years if normal

#### Dyslipidemia

- Every 5 years for ≥20 if low CV risk
- More frequently if CV risk factors, especially in 40-75

#### Colorectal Cancer

- 45-75 in average risk
- Colonoscopy every 10 years, sDNA-FIT every 3 years

#### Lung Cancer

- Ages 50-80 years
- 20 pack-year smoking history
- Currently smoke or have quit within the past 15 years

#### Hepatitis C

- One time screening for 18-79
- Periodic screening for at-risk persons
- Pregnant women should be screened every pregnancy
- Obtain consent prior to screening

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- 15-65 one time, repeat if increased risk
- Screen annually for high-risk

#### Syphilis

- Screen if increased risk
- Pregnant women during pregnancy

