

Adult Disease Prevention and Screening – Average-Risk Patient

Cancer Screening			
	Population	Modality & Interval	Discontinuation
Breast Cancer	Individualize for females 40-49, all women 50-74 <i>2023 draft USPSTF: start at age 40 for all women</i>	Mammogram - 1-2 years	Life expectancy <10 years or >74
Colon Cancer	Adults 45-79	Colonoscopy – every 10 years gFOBT or FIT – yearly sFIT+DNA - every 3 years CT colonography or sigmoidoscopy - every 5 years	≥85 or earlier depending on patient
Cervical Cancer	Adults starting at 21-25	Primary hrHPV - every 5 years hrHPV + cytology - every 5 years cytology - every 3 years	Stop if ≥65 with normal screening in 10 years prior
Lung Cancer	Adults 50-80 with at least 20 pack-year hx	LDCT scan annually	If quit >15 years
Prostate Cancer	Males 55-69	No screening or PSA every 1-2 years	If ≥ 70

Infectious Diseases Screening and Prevention

Immunizations - Average Risk Patient		
	Population	Frequency
Influenza	All adults	annually
COVID	All adults	unknown
Tdap or Td	All adults	1 dose of Tdap then Tdap or Td every 10 years
HPV	19-26 or up to 45 w/ shared decision making	2-3 doses
Pneumonia (PCV20)	≥65	1 dose
Shingles (Shingrix)	≥50	2 doses
Hepatitis B	<60	2-3 doses
RSV	≥60 w/shared decision-making	1 dose

Ensure childhood vaccinations are UTD, consider Hep A/PCV20 if high risk

Infection Screening

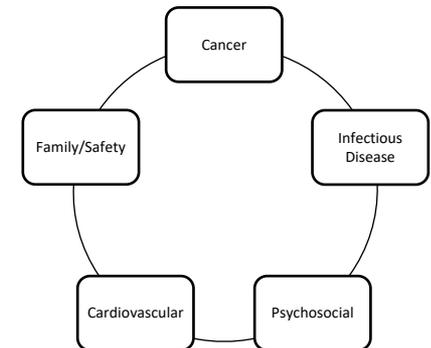
	Population	Frequency
HIV	15-65 or at increased risk	Once or with new symptoms or exposures
HCV	18-79	
Gonorrhea/Chlamydia	Sexually active women <24 or 25+ at increased risk	

Screen for HBV, TB and syphilis in high-risk patients

Psychosocial Screening – All Adults

	Screening Tool
Substance Use	
Alcohol	"Do you sometimes drink beer, wine or other alcoholic beverages?" If yes, "How many times in the past year have you had five (four for women) or more drinks in a day?" (or AUDIT-C)
Tobacco	"Do you ever smoke or use other tobacco or nicotine products?"
Illicit Drugs	"How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?"
Mental Health	
Depression	Patient Health Questionnaire (PHQ)
Anxiety	Generalized Anxiety Disorder-7 (GAD-7)

Remember to check for updates and tailor based on **Age, Sex and Risk Factors**



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Cardiovascular Disease Screening and Prevention		
	Population	Screening Tool and Interval
Hypertension	All adults	Office-based blood pressure, annually if 40+ or risk factors
Obesity	All adults	Via BMI calculation, typically at each visit
Diabetes	1) Adults 35-70 w/overwt or obesity (USPSTF) 2) Any age with obesity + a risk factor or at 35 for any adult (ADA)	A1C, fasting plasma glucose, glucose tolerance test at least every 3 years
Lipid Disorders	Adults 40-75	Lipid panel every 5 years if low risk or every 3 years if higher risk
Abdominal Aortic Aneurysm	Men aged 65-75 who have ever smoked	Abdominal ultrasound once
*All adults should also receive counseling on diet and exercise as primary prevention for cardiovascular disease		

Family/Safety		
	Population	Recommendation
Family Planning	All adults of reproductive age	Assess reproductive goals, prescribe daily folic acid for all women planning or capable of pregnancy
Falls	Adults >65 or other risk factors	Ask about falls at least annually: 1) Do you feel unsteady when standing or walking? 2) Do you worry about falling? 3) Have you fallen in the past year? (If YES ask, "How many times?" "Were you injured?")
Osteoporosis	Women >65 or postmenopausal women under 65 at increased risk	DEXA scan once, repeat scan interval depends on BMD on initial scan
Advanced Care Planning	No formal recommendation but consider completing advanced directives in all adults	
Intimate Partner Violence	All women of reproductive age	Usually annual via a screening tool Ex: HITS: How often does your partner: - Hurt you physically? - Insult you or talk down to you? - Threaten you with harm? - Scream or curse at you?
Elder Abuse	No formal recommendation but consider screening in patients with risk factors	