

Prevention Guidelines for Women 65+

Here are the screening tests and immunizations that most women at age 65 and older need. Although you and your health care provider may decide that a different schedule is best for you, this plan can guide your discussion.

<u>Screening</u>	<u>Who needs it</u>	<u>How often</u>
Alcohol misuse	All adults	At routine exams
Blood pressure	All adults	Every two years if your blood pressure reading is less than 120/80 mm Hg Yearly if your systolic blood pressure reading is 120 to 139 mm Hg or your diastolic blood pressure reading is 80 to 89 mm Hg
Breast cancer	All women	Yearly mammogram and clinical breast exam
Cervical cancer	According to the American Cancer Society (ACS), women older than 65 who have had regular screening with normal results should not be screened for cervical cancer. Once screening is stopped, it should not be started again.	Discuss with your health care provider
Colorectal cancer	All adults ages 50 and older	Colonoscopy every 10 years, and yearly fecal occult blood test
Depression	All adults who have access to a clinical practice that has staff and systems in place to assure accurate diagnosis, effective treatment, and follow-up	At routine exams
Diabetes mellitus, type 2	Adults who are asymptomatic and have sustained blood pressure (treated or untreated) greater than 135/80 mm Hg	At least every 3 years
Lipid disorders	All women ages 20 and older at	At least every 5 years, or more

	increased risk for coronary artery disease	frequently if recommended by your health care provider
Obesity	All adults	At routine exams
Osteoporosis, postmenopausal	All women ages 65 and older	Bone density test at age 65, then follow-up as recommended by health care provider
Vision	All adults	Every 1 to 2 years; if you have a chronic disease, check with your health care provider for exam frequency

<u>Immunization</u>	<u>Who needs it</u>	<u>How often</u>
Tetanus/diphtheria/pertussis (Td/Tdap) booster	All adults	Every 10 years Tdap is recommended if you are in contact with a child 12 months or younger.
Measles, mumps, rubella (MMR)	All adults age 65 and older who have no previous infection or documented vaccinations	One dose
Chickenpox (varicella)	All adults age 65 and older who have no previous infection or documented vaccinations	Two doses; second dose should be given at least 4 weeks after the first dose
Flu (seasonal)	All adults	Yearly, when the vaccine becomes available in the community
Hepatitis A vaccine	People at risk ⁹	Two doses given 6 months apart
Hepatitis B vaccine	People at risk	Three doses; second dose should be given 1 month after the first dose; the third dose should be given at least 2 months after the second dose (and at least 4 months after the first dose)
Pneumococcal (polysaccharide)	All adults	One dose
Zoster	All women ages 60 and older	One dose