

## Prevention Guidelines for Men 65+

Here are the screening tests and immunizations that most men ages 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>
Abdominal aortic aneurysm	Men ages 65 to 75 who have ever smoked	One-time screening by ultrasonography
Alcohol misuse	All adults	At routine exams
Blood pressure	All adults	Every 2 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
Colorectal cancer	All adults from age 50 to 75	Colonoscopy every 10 years, yearly fecal occult blood test
Depression	All adults with 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 have no symptoms and have sustained blood pressure (treated or untreated) greater than 135/80 mm Hg	At least every 3 years
Lipid disorders	All adults	At least every 5 years
Obesity	All adults	At routine exams
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 have contact with a child younger than 12 months.
Measles, mumps, rubella (MMR)	All adults ages 65 and older who have no previous infection or documented vaccinations	One dose
Chickenpox (varicella)	All adults ages 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	People at risk	Two doses given at least 6 months apart
Hepatitis B	People at risk	Three doses; the second dose should be given 1 month after the first dose, and the third dose given at least 2 months after the second dose (or at least 4 months after the first dose)
Pneumococcal (polysaccharide)	All adults	One dose
Zoster	All men ages 60 and older	One dose