

Adult Care (Ages 22 to 64 years)

CHECK-UP	
Physical Exam	You should have a physical exam every year. This includes having blood pressure, height, and weight measured.
Serum Cholesterol Level	To make sure you are not at risk for heart disease, your serum cholesterol level should be measured every five years, beginning at age 35 for men and 45 for women
Fasting Blood Glucose	To make sure you don't have diabetes or hypoglycemia, you should have a fasting blood glucose test every three years, starting at age 45
Colorectal Screening (fecal occult blood and sigmoidoscopy)	To make sure you're healthy, you should have a fecal occult blood test every year starting at age 50. You should also have a sigmoidoscopy every three to five years starting at age 50.
Dental Exam	You should have a dental check-up and cleaning at least once a year for healthy teeth.
FOR WOMEN	
Pelvic Exam/Pap Smear	To make sure you are healthy, you should have a pelvic exam/pap smear every year if you are under age 30. If you are over age 30 and have had three consecutive normal tests, you should have a pelvic exam/pap smear every three years. If you results are abnormal, you should have a pelvic exam/pap smear every year.
Mammography	To make sure your breasts are healthy, you should have a mammogram starting at age 40. Between ages 40 and 50 you should have one every one to two years. After age 50 you should have one every year. Based on your medical history, your doctor may suggest starting mammograms earlier.
Breast Exams	Other important ways to make sure your breasts are healthy include: 1) doing monthly self-breast exams and calling your doctor if you notice a change or feel a lump; and 2) having your doctor examine your breasts every year starting at age 40.
Calcium Supplement	If you do not have enough calcium in your diet, your doctor may suggest you take between 1,000 and 1,500 mg of calcium supplement.
Folate	If you are of childbearing age, you should take between 0.4 and 08 mg of folate a day to prevent birth defects.
Hormone Replacement Therapy	If you are going through peri- or post-menopause your doctor may discuss hormone replacement therapy with you.
FOR MEN	
Digital Rectal Exam	To make sure you are healthy, you should have a Digital Rectal Exam every year starting at age 40.
Prostate Specific Antigen (PSA)	To rule out prostate cancer, ask your doctor when you should have this test.
SHOTS	
Tetanus-Diphtheria Shot	You should get a Tetanus-Diphtheria shot once every 10 years.
Influenza (flu) Shot	Beginning at age 50, or based on your health, you should have a flu shot each year. Your doctor will tell you if you will need an influenza shot.
Measles, Mumps, and Rubella Shot	If you were born in 1957 or later, you should get one Measles, Mumps, and Rubella shot.
Varicella (chicken pox) shot	If you have never had the chicken pox, ask your doctor if you should get a varicella shot.

Adult Care – continued

SHOTS (continued)

Hepatitis B Shot	If you are at risk for getting Hepatitis B, you should ask your doctor if you should get a Hepatitis B shot. Your doctor will be able to tell you if you are at risk.
Pneumovax Shot	To help prevent bacterial pneumonia, ask your doctor if you need a pneumovax shot

Please see the age-appropriate immunization schedule, as well as men's and women's self exam guides, available for downloading at www.netcarelifeandhealth.com/wellness

TALK TO YOUR DOCTOR

To make sure you are safe and healthy, your doctor should discuss these topics with you at different times during adulthood.

Injury prevention

- Lap shoulder belts
- Bicycle/motorcycle helmets
- Smoke detector and carbon monoxide detector
- Safe storage and handling of firearms; removal if appropriate
- Occupational risk counseling

Diet and Exercise

- Limit fat and cholesterol
- Maintain caloric balance
- Emphasize grains, fruits, and vegetables
- Adequate calcium and vitamin D intake (females); add foods rich in calcium; supplement as needed
- Regular physical activity

Substance Use

- Tobacco cessation
 - Counseling on regular basis is recommended for all persons who use tobacco products
 - Pregnant women and parents with children living at home should also be counseled on the potentially harmful effects of smoking on fetal and child health
 - Nicotine replacement therapy is recommended as an adjunct for selected patients
- Avoid alcohol/drug use while driving, swimming, boating, using firearms, etc.
- Screening to detect problems and hazardous drinking; screening should involve a careful history of alcohol use and/or the use of standardized screening questionnaires

Sexual Behavior

- STD prevention: abstinence, avoid high risk behavior, condoms
- Unintended pregnancy: condoms, contraception

Protection from UV Light

Violence Prevention

- Counsel for violence prevention at home, school, work, and social situations

Dental Health

- Regular visits to dental health provider
- Floss and brush with fluoride toothpaste twice daily