

## Older Adult Care (Ages 65 Years and Older)

CHECK-UP	
Physical Exam	You should have a physical exam every year. This includes having blood pressure, height, and weight measured, and your vision and hearing tested.
Serum Cholesterol Level	To make sure you are not at risk for heart disease, your serum cholesterol level should be measured every five years.
Fasting Blood Glucose	To make sure you don't have diabetes or hypoglycemia, you should have a fasting blood glucose test every three years. Ask your doctor if you are at high risk and need to be tested more frequently.
Colorectal Screening (fecal occult blood and sigmoidoscopy)	To make sure you're healthy, you should have a fecal occult blood test every year, and a sigmoidoscopy every three to five years.
Osteoporosis Exam	To make sure you do not have osteoporosis, your doctor should test you at age 65. Ask your doctor if it is necessary for you to be tested again.
Thyroid Stimulating Hormone (TSH)	If you have never had a TSH test (to check the function of your thyroid gland), you should ask your doctor if one is necessary.
FOR WOMEN	
Pelvic Exam/Pap Smear	To make sure you are healthy, you should have a pelvic exam/pap smear once at age 65 and then whenever your doctor feels is necessary. If your results are abnormal, you should have a pelvic exam/pap smear once every year.
Mammography	To make sure your breasts are healthy, you should have a mammogram once every year.
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 a calcium supplement.
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.
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	You should get a flu shot every year.
Pneumococcal Shot	You should get a pneumococcal shot at least once if you are 65 years or older.
Please see the age-appropriate immunization schedule available for downloading at <a href="http://www.netcarelifeandhealth.com/wellness">www.netcarelifeandhealth.com/wellness</a>	
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.	<p>Anticipatory Guidance</p> <ul style="list-style-type: none"> <li>▪ Fall prevention</li> <li>▪ Temperature setting for hot water heaters</li> </ul> <p>Elder Abuse and Violence</p> <ul style="list-style-type: none"> <li>▪ Counsel for abuse and violence prevention at home</li> </ul>

## Older Adult Care - continued

### TALK TO YOUR DOCTOR (continued)

#### 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/dug 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