

Preventive Medicine

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Preventive medicine refers to measures taken to prevent diseases. It refers to:

- Routine annual physical exams
- Diagnostic test
- Laboratory test
- Immunizations
- Dental exams
- Eye exams
- Counseling about exercises and dietary habits.

It is important that recommendations for preventing disease or illness have scientific evidence demonstrating they are beneficial.

The United States Preventive Services Task Force (USPSTF) is an independent, non-governmental panel of experts in prevention and primary care. They conduct rigorous, impartial assessments of the scientific evidence for the effectiveness of a broad range of clinical preventive services, including screening, counseling and preventive medications. Topics are updated as new research is available. These recommendations are considered by

most physicians to be the standard of medical care in the United States

Immunizations-if everyone received all recommended immunizations in the United States it would save 50,000 lives annually.

Td/Tdap: Tetanus, Diphtheria, Pertussis

- Protects against lockjaw, whooping cough and diphtheria.

Ages 19+: Booster every 10 years

FLU-Protects against the Influenza virus and should be given annually.

Pevnar (PCV13) vaccine-give 1 dose at age 65. If everyone 65 years of age and older got this immunization it would save 19,000 lives in the United States. Protects against the most common type of pneumonia

Pneumovax (PPSV23) Vaccine-give 1 year after the Pevnar vaccine. Give at age 19-64 if risk factors present such as smoking, asthma, COPD, congestive Heart failure, diabetes or immune disorder.

Shingles (Zoster)

Age 60+: 1 dose (per CDC)

Hepatitis A, Hepatitis B, Meningococcal

Human Papillomavirus (HPV)-at age 9 to 26 years old in males and females.

Screening/Counseling

High blood pressure- It is very important to detect high blood pressure early as most blood pressure can be easily controlled reducing the risk of heart attacks, strokes and vascular disease in general.

Colorectal Cancer Screening-Ages 50-75; with either a colonoscopy or fecal occult blood test. Sigmoidoscopy every 5 years with hemoccult slides is also acceptable.

Mammogram-every 1 to 2 years starting at age 40.

Pap Test (cervical cancer)-Women 21-65 PAP every 3 years or women 30-65 have PAP/HPV combined test every 5 years; Ages 65+ discuss with your physician

Bone Mineral Density Screening (osteoporosis)-Women starting at age 65 or older, annually- and in younger women who have an increased risk such as previous fractures, smokers and chronic steroid use.

Low dose radiation CT of the Chest-Adults 55 to 80 with a history of smoking at least one pack a day for 30 years or more. Also,

those adults who have quit smoking within the past 15 years. This reduces the death rate from lung cancer by 20% if screened yearly.

Abdominal Aortic Aneurysm Check: One-time screening by ultrasonography for men ages 65-75 who have ever smoked. No screening for men 65 to 75 who have never smoked and no screening in women

Cholesterol and Lipid Screening- in men 35 and older with risk factors for coronary artery disease and in women 45 and older with risk factors.

Depression-it is now recommended that anyone 12 years of age or older should be screened for depression annually.

Tobacco-causes approximately 480,000 deaths in the United States annually.

Alcohol misuse-screening and behavioral counseling interventions in adults. It is recommended that women drink no more than 1 drink per day and 2 drinks a day for males.

Obesity-Screen for and management of all adults

Substance Abuse- screening and behavioral counseling interventions in adults.

Domestic Violence

Dietary habits-the Mediterranean diet has been shown to decrease the risk of heart disease by 30% over a 4-year period.

Physical Activity Counseling

Advanced Directives

Falls in Elderly-screen patients 65 and over. Avoid sedating medications. Take vitamin D daily 1000 mg

Skin Cancer Screening

Chlamydia and Gonorrhea-sexually active women 24 and younger

HIV- all adolescents and adults 15-65