

Preventive Care Guide for Seniors

	What it is	Frequency	How it's done
Blood Pressure Screening	A reading that measures the pressure in your arteries as the blood pumps	Once a year, or more often if needed	Inflatable cuff
Cholesterol Screening	A test that measures HDL cholesterol, LDL cholesterol, and triglycerides	Every 4-6 years, or more often if needed	Blood test after fasting
Diabetes Screening	An important screening that can detect an accumulation of glucose in your blood	Every three years, more often if needed	Blood test
Eye Screening	An exam that checks your vision and looks for any signs of eye disease	Annually, more often if needed	Series of tests using a variety of instruments
Hearing Screening	A preventive care test performed by an audiologist that checks for hearing loss	Annually, more often if needed	With or without headphones in a hearing lab
Influenza Vaccine	A vaccine that aims to protect you from the seasonal influenza virus (flu) by helping you build antibodies against infection	Annually	Intramuscular injection
Pneumococcal Vaccines	A series of two vaccines for seniors that can help prevent pneumonia and other	Usually a one-time vaccine series, however, some	Intramuscular or subcutaneous injection

	pneumococcal issues	doctors may recommend a follow-up dose several years after the first one	
Shingles Vaccine	A vaccine that can protect seniors from shingles, a painful rash caused by herpes zoster virus	One-time dose after age 60	Subcutaneous injection
Breast Cancer Screening	An imaging test that can detect tumors and abnormal tissue in the breast	Every two years, depending on your risk for breast cancer	X-Ray mammography or breast MRI
Colorectal Cancer Screening	A preventive care procedure for seniors that checks the lining of your colon	Every 10 years, or more often if you have risk factors for colon cancer	Colonoscope
Osteoporosis Screening	A test that measures bone mass or bone density in women	Depends on your risk	Usually by x-ray

Call your doctor today to see which of these screenings and vaccines are right for you.