

Preventive Care Guide for Seniors

| | What it is | Frequency | How it's done |
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| 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 |

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| | 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.