

Age 18 to 39

Learn about what preventative screenings, immunizations, and wellness assessments Komin Medical Group uses to help you feel and stay healthy and prevent illness.

New = New for 2022

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

HIV: Check between ages 15-65

Hepatitis C: Check once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

New **Diabetes:** Discuss with your provider; screen every three years if overweight.

Blood Pressure: Check every three to five years (annual if risk factors).

Immunizations

Influenza (Flu): Yearly flu vaccine.

New **Hepatitis B:** All adults ages 19-59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of Hepatitis B vaccine depending on vaccine or condition.

New **Shingles:** All adults age 50 and older and ages 19-49 with immunocompromising conditions should receive a two-dose vaccine series.

Varicella (Chickenpox): A vaccine for adults born in 1980 or later.

HPV (Human Papillomavirus): Ages 15 to 26 should receive a three- dose series.

MMR (Measles, Mumps and Rubella): Adults ages 19 to 39 should have recorded in their chart at least one dose of the vaccine.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

New **Pneumococcal:** For patients with certain underlying medical conditions, complete vaccine series with Pneumococcal 20 only or Pneumococcal-15 and Pneumococcal 23.

Women's Health

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 16 to 24 years.

Cervical Cancer Screening Options: Pap test every three years starting at age 21. Women 30 and older have the option for high risk HPV testing with or without a Pap test every five years.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about more steps for a healthy pregnancy.

Discussion Topics

Alcohol: Discuss with your provider beginning at age 18.

Tobacco Use, Including Vaping Electronic Cigarettes: Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Domestic Violence: Discuss with your provider beginning at age 12.

Unhealthy Drug Use: Discuss with your provider beginning at age 18.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.