

## Age 40 to 49

Learn about what preventative screenings, immunizations, and wellness assessments Komin Medical Group uses to help you feel and stay healthy and prevent illness once you reach the age of 40

**New** = New for 2022

### Wellness Check

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

### Screening Tests

**Cholesterol:** Check every five years.

**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.

**Colon Cancer:** Preferred Screening Options – Starting at age 45, a colonoscopy every 10 years, a stool Fecal Immunochemical Test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing. Other Options – A CT colonography every five years or a FIT/DNA test every three years.

**Blood Pressure:** Check annually.

### 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.

**MMR (Measles, Mumps and Rubella):** Adults ages 40 to 49 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

**Cervical Cancer Screening Options:** Pap test every three years or high risk HPV 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.