

Age 50 to 74

“An ounce of prevention is worth a pound of cure” could not be more relevant for those who are entering the prime of life. Learn what Komin Medical Group is doing to help prevent illness and identify and treat chronic conditions early.

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 – 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 – ACT colonography every five years or a FIT/DNA test every three years.

New **Lung Cancer:** Screen annually for adults age 50-80 years old who have a 20 pack-year smoking history AND currently smoke or have quit in the last 15 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

MMR (Measles, Mumps and Rubella): Adults ages 50 to 59 should have recorded in their chart at least one dose of the vaccine.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Tdap or Td booster every 10 years.

Shingles: All adults age 50 and older should receive a two-dose vaccine series.

New **Pneumococcal:** For age 65 and older or ages 50-64 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

Breast Cancer: Mammography every two years.

Bone Density: Check starting at age 65.

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.

Preventing Falls: Discuss with your provider beginning at age 65.

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.
risk HPV with or without a Pap test every five years until age 65.

Individualized/Patient-Provider Shared Decisions

Abdominal Aortic Aneurysm Screening: Ages 65 to 75

Prostate Cancer Screening: Ages 55 to 69