Guide to Preventive Services for Men (18 years and older)

Tobacco Use
Don't use tobacco. If you do, stop. If you need help consult your doctor.

Blood Pressure
Check at every office visit. Recheck yearly if over 130/80 or per your doctor's instructions.

Exercise
Exercise at least 20 minutes a day, and at least 3 times per week.

Alcohol/Drugs
If you drink alcohol, do so only in moderation. Never drink and drive. If you have concerns about your own or another's alcohol or drug use, talk to your doctor.

Cholesterol
You should have your cholesterol checked every 3-5 years and followed closely if high.

Testicular Self-Exam
Monthly starting at age 20.

Prostate Exam
Yearly, starting at age 50, or sooner if you have a family history of prostate cancer.

PSA Testing
Discuss with your doctor.

Colon Cancer Screening
Discuss options including fecal occult blood testing, flexible sigmoidoscopy, or colonoscopy with your doctor.

Hepatitis B Vaccine
Hepatitis B vaccine may be beneficial for certain high risk individuals. Discuss with your doctor.

Pneumonia Vaccine
If you are over 65 or high risk, ask about receiving the vaccine that decreases your chance of getting pneumonia caused by strep.

Tetanus Vaccine
You should have a tetanus booster every 10 years. Sometimes a booster is given sooner if you have an injury.

Influenza Vaccine
Have a flu shot every year if you are over the age of 50 or high risk. All others should ask their doctor about the latest recommendations.

Other Good Advice
-Eat five servings of vegetables or fruit each day.
-Wear your seat belt.
-Wear a helmet if you ride a bicycle or motorcycle.
-If you have a firearm, get a trigger lock.
-Check your smoke alarms every month.
-See your dentist regularly.
-If you are sexually active, practice safe sex.
-Ask your doctor how often you need regular eye exams.
-Avoid excess sun or ultraviolet exposure. Use protective clothing or sunscreen if you can't avoid the sun.
-If you or someone you know is experiencing abuse, talk to your doctor.

Content approval:
VISN 23 Preventive Medicine Coordinator

June 2005

Minneapolis VA Medical Center

Guide to Preventive Services for Women (18 years and older)

Tobacco Use
Don't use tobacco. If you do, stop. If you need help consult a doctor.

Blood pressure
Check at every office visit. Recheck yearly if over 130/80 or per your doctor's instructions.

Exercise
Exercise at least 20 minutes a day, and at least 3 times per week.

Alcohol/Drugs
If you drink alcohol, do so only in moderation. Never drink and drive. If you have concerns about your own or another's alcohol or drug use, talk to your doctor.

Cholesterol
You should have your cholesterol checked every 3-5 years and followed closely if high.

Calcium
Consume 1200-1500mg of calcium everyday. Ask your doctor if you should be tested for osteoporosis.

Breast Self Exam
Examine your breasts monthly 2-3 days after the end of your period; or examine at the same time each time each month if not menstruating. Report any lump in your breast, any liquid coming from your nipple, or any change in appearance to your doctor.

Clinical Breast Exam
From age 20-40, have your breasts examined by your doctor every 3 years. After age 40, have your breasts examined yearly by your doctor.

Mammography
Have a mammogram every 2 years from age 52-69. Ask your doctor about mammograms for under age 52, and over age 75. Tell your doctor if your mother, sister, or daughter has had breast cancer.

Pap Test-Cervical Cancer Screening
Have at least 3 annual pap smears starting at age 18 or with onset of sexual activity. Continue screening at least every 3 years, more often if high risk. Chlamydia screening should be done on those aged 16-26.

Colon Cancer Screening
Discuss options including fecal occult blood testing, flexible sigmoidoscopy, or colonoscopy with your doctor.

Hepatitis B Vaccine
Hepatitis B vaccine may be beneficial for certain high-risk individuals. Discuss with your doctor.

Pneumonia Vaccine
If you are over 65 or high risk, ask about receiving the vaccine that decreases your chance of getting pneumonia caused by strep.

Tetanus Vaccine
You should have a tetanus booster every 10 years. Sometimes a booster is given sooner if you have an injury.

Influenza Vaccine
Have a flu shot every year if you are over the age of 50 or high risk. All others should ask their doctor about the latest recommendations.

Other Good Advice
-Eat five servings of vegetables or fruit each day.
-Wear your seat belt.
-Wear a helmet if you ride a bicycle or motorcycle.
-If you have a firearm, get a trigger lock.
-Check your smoke alarms every month.
-See your dentist regularly.
-If you are sexually active, practice safe sex.
-Ask your doctor how often you need regular eye exams.
-Avoid excess sun or ultraviolet exposure. Use protective clothing or sunscreen if you can't avoid the sun.
-If you or someone you know is experiencing abuse, talk to your doctor.