Laughter is good, but prevention is the best medicine. Stay on top of your health by making sure you’re up-to-date on your preventive screenings and immunizations. Now you can regularly check which preventive services you or your family may need with personalized Preventive Services on your doctor’s home page at kp.org/mydoctor.

Read on to learn more about preventive screenings and immunizations recommended for adults. These guidelines are for people who are generally healthy. If you have ongoing health problems, special health needs or risks, or if certain conditions run in your family, your preventive care plan may be different. Talk with your doctor about a set of guidelines that fits your needs.

If you’re due for preventive services, don’t delay. Call for an appointment or talk to your doctor about scheduling them today. Many routine screening tests can be scheduled online at kp.org/mydoctor.

Screening tests

Cholesterol: High cholesterol is a risk factor for heart disease. Most adults between the ages of 35 and 70 years should have their cholesterol levels checked at least once every five years. If you have high cholesterol or other risk factors for heart disease, your doctor may recommend that you get tested every year.

Colon cancer: Colorectal cancer is the third most common cancer in the United States. It can be successfully treated if detected early. It occurs most often in people over age 50, the age when we begin screening. There are three tests used to screen for colon cancer. You should have one of the following: A fecal occult blood test (FOBT/FIT) is a yearly stool sample test that can be done at home and returned by mail; flexible sigmoidoscopy is performed every five years; and colonoscopy is performed every 10 years.

Diabetic retinal screening: Adults with newly diagnosed diabetes should be scheduled for digital photographic screening to check for possible signs of eye disease (retinopathy), which can lead to limited vision or blindness. Patients without retinopathy should have follow-up digital photographic screening every 2 years. If you have been diagnosed with retinopathy, you should have your eyes tested at least once a year or as directed by your eye doctor.

Hemoglobin A1C: Monitoring blood sugar is very important for people diagnosed with diabetes. This test measures your average level of blood sugar for the past three months. If you are diabetic, the test should be done twice a year to help track blood sugar levels.

Mammogram: One out of eight women will develop breast cancer, but mammograms can help screen for early signs of cancer when treatment will be most successful. We recommend that women age 40 to 75 have a mammogram every one to two years.

Cervical cancer: A Pap test, in which your doctor gently removes cells from your cervix, can find changes in cervical cells before they turn into cancer. This test is recommended for women age 21 to 65 and should be performed every three years.

Blood pressure: For most adults, a blood pressure reading of 139/89 or lower is the goal. Healthy adults should have their blood pressure checked every one to two years. If you’ve been diagnosed with hypertension, or high blood pressure, your blood pressure should be checked at least once a year as a way to help prevent heart attacks and stroke.
Immunizations

**Flu vaccine:** A yearly flu shot in the fall is your best defense against the flu. The seasonal flu vaccine is recommended for everyone, and especially for people in the following categories:
- People 50 years of age or older
- Anyone with a chronic health condition
- Pregnant women
- Health care workers
- Anyone living with or caring for someone in one of the above categories
- Anyone living with or caring for a child under 6 months of age

**Pneumococcal vaccine:** This vaccine can help prevent serious bacterial infections such as pneumonia and meningitis. The vaccine is given as a single shot to adults 65 and older but may also be recommended for younger people with any of the following:
- Chronic heart, liver, or lung disease (except asthma)
- Diabetes
- Damaged or no spleen
- Cancer
- Alcoholism or cirrhosis
- HIV infection or a high risk for infection.

**Adult Td and Tdap vaccines:** The Td vaccine protects against tetanus (lockjaw) and diphtheria. The Tdap vaccine also protects against pertussis (whooping cough). All adults should get a booster dose of Td every 10 years. Adults under 65 who have never gotten Tdap should substitute it for the next booster dose. Adults who have contact with an infant under 12 months old should be vaccinated to protect the child from pertussis. Health care workers under 65 should be vaccinated also.

How to find your personal Preventive Services

Information about your preventive screening tests and immunizations appears on the printed registration receipt you receive at every office visit. But now you can also find this information online. Just go to your doctor’s home page at [kp.org/mydoctor](http://kp.org/mydoctor) and click on “Preventive services.” Your personalized preventive services guide will open showing detailed, up-to-date information on your current recommendations and status.

For more information about a recommended screening test or immunization, click on the service name. Links are provided for additional resources when available.

This online Preventive Services feature requires you to be registered and signed on to our Web site. If you don’t already have a password, registration is easy. Just follow the prompts to request a user name and secure password.

If you’re due for preventive services, don’t delay. Call for an appointment or talk to your doctor about scheduling them today. Many routine screenings can also be scheduled online at [kp.org/mydoctor](http://kp.org/mydoctor).

• Go to your doctor’s home page at [kp.org/mydoctor](http://kp.org/mydoctor) and click on “Preventive services.”
• Click on a service name for more information.
• Click on “Due” for instructions on how to schedule your screening or immunization.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.