
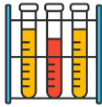








Preventive Services Guide



It is possible to delay or prevent the onset of most chronic conditions by adopting good eating habits, engaging in physical activity, maintaining a healthy lifestyle, and monitoring your health on a routine basis. Early detection of any diseases will determine the treatment to be followed and its effectiveness in avoiding complications.

	Preventive Testing	Frequency	Group and age
	Mammography Clinical breast examination	Annual	Women aged 40-49 years and older.
	Pap Smear HPV test (Human Papilloma Virus)	Every 2 years	Women aged 50 and over.
		Every 3 years	Women aged 21-29 years, cervical cytology.
	Prostate Cancer PSA (Prostate Specific Antigen Test) DRE (Digital Rectal Examination)	Every 5 years	Women aged 30-65 years, cervical cytology, and HPV screening
		Depending on the results and risk factors	Men aged 40 years and older with elevated risk factors. Men aged 55 and 69 years and older with average risk.
	Diabetes Glycosylated Hemoglobin Nephropathy (urine test for albumin or protein) and visual examination.	Annual	Overweight or obese people aged 36 to 70 years who do not have symptoms of diabetes.
		Every 3 years	People with normal blood glucose results.
	Hypertension	Monitoring every 3 months	Persons with several consecutive high readings.
	Cholesterol Lipid Panel	Annual	From the age of 20 for people at high risk.
		Every 5 years	If the results were normal.
	Body Mass Index, BMI	Annual	People with a predisposition to develop cardiovascular disease, diabetes or obesity can do it at any time.
	Colorectal cancer gFOBT and FIT (fecal immunochemical test) Colonoscopy	Annual	People aged 45 and over with risk factors.
		Every 3 to 5 years	People aged 50 to 75.

	Vaccination Influenza	Annual	People from 1 to 90 years old.
	COVID-19	Most will be received two or three doses of the updated vaccine.	People from 6 months to 4 years old.
		Receive at least 1 updated dose	Persons aged 5 years and over.

Consult with your doctor about the necessary preventive tests, according to your age, gender, family, and health history, and discuss the results of the tests performed.

Social and Emotional

For recommendations, tools, and resources about how you and your family can cope with the emotional and physical concerns that may arise during and after any medical treatment, please visit your primary doctor or call the following hotlines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

Prepared by Licensed Health Educators.

Revised January 2024.

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