

Preventive Services Guide

It is possible to prevent or delay the apparition of majority chronic conditions by adopting good eating habits, being physically active, maintaining a healthy lifestyle, and routinely monitoring your overall health. Early detection of diseases will determine the treatment to be followed and its effectiveness in avoiding complications.



	Preventive Test	Frequency	Group and Age
	Mammography Clinical breast exam	Every 1 to 2 years	Women 40 years and older
	Pap Smear HPV exam (Human Papilloma Virus)	Every 3 years Every 5 years	Women 21 to 29, cervical cytology Women 30 to 65 years, cervical cytology (combined)
	Mellitus diabetes Type 2 Glycosylated Hemoglobin Nephropathy (urine test for albumin or protein) and visual examination	Annual Every 3 years	Overweight and obese adults ages 40 to 70 who have no symptoms of diabetes People with normal blood glucose results
	Hypertension	Monitoring every 3 months	Men and Women with several consecutive elevated readings
	Cholesterol Lipid Panel	Annual	From the age of 20. High risk for men ages 35 and 45
	Body Mass Index, BMI	Annual	Women predisposed to developing coronary heart disease
	Colorectal Cancer gFOBT y FIT (fecal immunochemical test)	Annual	Adults 45 and over
	Sigmoidoscopy	Every 3 to 5 years	Adults 50 to 75 years
	Colonoscopy	Every 10 Years	
	Vaccination Influenza	Annual	People from 1 to 90 years old People with chronic diseases

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

References:

US Preventive Service Task Force. Retreated from <https://uspreventiveservicestaskforce.org/uspstf/>;
Healthy People 2020. Retreated from <https://www.healthypeople.gov/2020/tools-resources/Evidence-Based-Resources>
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