

## Preventive Services Guide



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

	Preventive Test	Frequency	Group and Age
	<b>Breast Cancer</b> Breast cancer screening	Every 2 years	Women ages 50-74
	<b>Cervical Cancer</b> Cervical cancer screening	Every 3 years	People aged 21 to 64 years, cervical cancer screening and cervical cytology.
		Every 5 years	People aged 30 to 64 years, cervical cancer screening, and Human Papillomavirus (HPV) testing.
	<b>Diabetes</b> Glycosylated Hemoglobin	Annual Minimally	People aged 18 to 75.
	<b>Hypertension</b>	Periodically	People aged 18 to 85.
	<b>Cholesterol</b> Lipid Panel Annual	Annual	From age 20 for people at high risk.
		Every 5 years	If the results were normal.
	<b>Body Mass Index, BMI</b>	Annual	People with a predisposition to developing cardiovascular diseases, diabetes and obesity can do it at any time.
	<b>Colorectal Cancer</b> gFOBT y FIT (fecal immunochemical test) Colonoscopy	Annual	People aged 50 to 75 years, gFOBT test and FIT test.
		Every 3 years	People aged 50 to 75 years, multi-target stool DNA test with the FIT test (sDNA FIT).

	<b>Colorectal Cancer</b> gFOBT y FIT (fecal immunochemical test) Colonoscopy (cont.)	Every 5 years	People aged 50 to 75, CT colonography and flexible sigmoidoscopy.
		Every 10 years	People aged 50 to 75, colonoscopy or flexible sigmoidoscopy.
	<b>Vaccination</b>	Annual	Everyone should check with their doctor which vaccines they are required to receive annually. In minors, pediatricians will notify their caregivers of the vaccination schedule. In adults, vaccines such as influenza and COVID-19 are required.

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

### Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can deal with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary doctor or call the following telephone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Healthcare

787-641-9133

Prepared by Licensed Health Educators.

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### References:

<https://www.cdc.gov/breast-cancer/es/screening/index.html>

<https://medlineplus.gov/spanish/highbloodpressure.html>

<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-papanicolaou/#:~:text=La%20prueba%20de%20Papanicolaou%20busca,pueden%20transmitirse%20por%20v%C3%ADa%20sexual.>

<https://www.mayoclinic.org/es/diseases-conditions/diabetes/diagnosis-treatment/drc-20371451#:~:text=Si%20tienes%20un%20riesgo%20alto%2C%20el%20proveedor%20de%20atenci%C3%B3n%20m%C3%A9dica,momento%20durante%20el%20segundo%20trimestre.>

<https://www.mayoclinic.org/es/tests-procedures/cholesterol-test/about/pac-20384601>

<https://medlineplus.gov/spanish/colorectalcancer.html>

<https://www.salud.pr.gov/CMS/107>

<https://www.cdc.gov/bmi/es/about/index.html>

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<https://www.ncqa.org/hedis/measures/>