

Health Maintenance Evaluation – Replacing the “Annual Physical”

Health maintenance and disease prevention are high priorities at Palo Alto Medical Foundation (PAMF). Our Health Maintenance Guidelines Task Force, comprised of primary care physicians, specialists, and health educators, reviews new information and regularly updates our recommendations regarding who needs which screening tests and when. We review controversies as they come up, examining the medical literature and the quality of the published evidence. PAMF’s Health Maintenance & Disease Prevention Guidelines summarize the tests and evaluations we recommend for healthy individuals and how often they should be completed. Please review the pamphlet’s section relevant for your age and gender.

One of the most important changes in our recommendations relates to the “annual physical.” A top-to-toe physical examination for someone without symptoms has never been proven to extend life or decrease illness or discomfort.

A “health maintenance evaluation” includes **1)** identifying risk factors in one’s personal and family health history, **2)** performing a focused exam, as appropriate, **3)** obtaining needed screening tests at the right intervals, and **4)** encouraging people to choose healthy lifestyles to maximize their health. This “checkup” can occur during an office visit devoted to health maintenance or may be covered during an office visit for other concerns.

We encourage our patients to ask questions and take a partnership approach with their providers to maximize their health and obtain the preventive screening tests that really matter. Please check our extensive information on our web site, www.pamf.org.

Definitions

- **Bone Density Test:** A low dose x-ray to screen for risk of thinning and weakening of bones, which increase the risk of osteoporosis and fracture.
- **Chlamydia Screening Test:** A screening test for detecting chlamydia, a curable sexually transmitted infection that can cause scarring, infertility and chronic pelvic infection.
- **Fecal Occult Blood Test:** A screening test for hidden blood in the stool, which may be a sign of colon cancer. High sensitivity fecal occult test is preferred.
- **Lipid Screen:** A blood test for assessing levels of fats and cholesterol that can increase the risk of heart disease and stroke.
- **Lower GI Endoscopy:**
 - Colonoscopy: An internal inspection of the entire colon to screen for cancer and polyps (pre-cancerous growths).
 - Sigmoidoscopy: An internal inspection of the lower colon to screen for cancer and polyps (pre-cancerous growths)
- **Mammogram:** A low dose breast x-ray to screen for breast cancer.
- **Pap Test:** A test for abnormal cervical cells which can indicate increased risk of cervical cancer. This is not a test for uterine or ovarian cancer. Pap smears are done during an internal pelvic examination.
- **PSA:** (Prostate Specific Antigen) A blood test for measuring a protein produced by the prostate gland. High levels may indicate prostate cancer.

Health Resource Centers

PAMF has four Community Health Resource Centers where registered nurse health educators and trained volunteers are available to assist with health-related questions. For assistance call,
650-614-3200, Palo Alto
510-623-2231, Fremont
925-875-6150, Dublin
650-934-7380, Mountain View

Domestic Violence

No one deserves to be abused, physically or emotionally. If you have any concerns, please discuss them with your doctor. We can help. We urge you to report domestic violence.

- Support Network for Battered Women, Santa Clara County, Helpline: **800-572-2782**
- S.A.V.E. (Safe Alternatives to Violent Environments), Alameda County, Hotline: **510-794-6055**
- CORA (Community Overcoming Relationship Abuse), San Mateo County: **800-300-1080**

Advance Health Care Directive

This document enables you to communicate your wishes to your family and caregivers in the event of a serious medical condition whereby you cannot speak for yourself. You may obtain an Advance Health Care Directive form from your provider to discuss and complete or you may print a copy from our Web site, www.pamf.org. To make an appointment for a free consultation, please call **650-853-2960**, Palo Alto **510-623-2231**, Fremont **925-875-6150**, Dublin

Suggestions for Maintaining Your Health

1. Make sure the screening tests and immunizations in this pamphlet that are appropriate are up to date.
2. Complete an Advance Health Care Directive.
3. Exercise “aerobically,” enough to raise your heart rate to about $(220 - \text{your age}) \times 70\%$. Your goal is at least 30 minutes every day.
4. Achieve and maintain normal body weight.
5. Eat foods low in saturated fat and trans fatty acids and high in calcium and fiber, with plenty of fruits and vegetables. Take a calcium supplement, if necessary.
6. Practice safer sex, use condoms as a reliable method of contraception.
7. Do not smoke, and avoid inhaling others’ cigarette smoke. If you need help quitting, please ask.
8. “Safety-proof” your home to prevent falls, poisoning, accidental use of firearms and fire.
9. Do not drive or allow others to drive while under the influence of alcohol or other mind-altering substances. Use sport helmets appropriately, regardless of your age. Observe safety regulations for automobile airbags, seatbelts and car seats.
10. Seek help early for depression, mood changes, alcohol or drug abuse.
11. Perform regular skin self-examinations. Protect your skin from sun damage with sunblock and clothing.
12. Women should seek medical attention for breast changes.
13. Men should seek medical attention for testicular changes.
14. Find balance in your life between work, home and play time. Include stress reduction activities (fun!) every day.

Health Maintenance and Disease Prevention in 2009

 *Palo Alto Medical Foundation*

A Sutter Health Affiliate

THE CURE FOR COMMON MEDICINE



BIRTH – 18 YEARS

A regularly scheduled Health Maintenance Evaluation at each of the following ages:

- 1, 2, 3, 6, 9, 12 and 18 months
- 2, 3, 5, 7, 9, 11, 13, 15 and 17 years

Tuberculosis test may be required at 5 years depending on locality; optional at 12 months in areas of average risk for tuberculosis.

Vision screening at 5 years of age.

SCREENING TESTS

For sexually active females

| | |
|---------------------|---|
| Chlamydia screening | Starting at age 15 annually |
| Pap Test | Three years after first sexual contact and every 3 years thereafter |

IMMUNIZATIONS

| AGE | Birth | 1m | 2m | 4m | 6m | 9m | 12m | 18m | 2yrs | 4-5yrs | 9yrs | 10-18yrs |
|-------|-------|----|----|----|----|----|-----|-----|------|--------|------|----------|
| Hep B | X | X | | | X | | | | | | | |
| HIB | | | X | X | ○ | | X | | | | | |
| Polio | | | X | X | X | | | | | X | | |
| DtaP | | | X | X | X | | | X | | X | | |
| Rota | | | X | X | X | | | | | | | |
| Pneu | | | X | X | X | | X | | | | | |
| Tdap | | | | | | | | | | | | X |
| MMR | | | | | | | X | | | X | | |
| VZV | | | | | | | X | | | X | | |
| Hep A | | | | | | | X | X | | | | |
| Flu | | | | | X | | | X | X | X | X | X |
| Men | | | | | | | | | | | | X |
| HPV | | | | | | | | | | | | ♀ |

- X : Vaccine should be administered sometime during specified interval.
- : The need for HIB dose at 6 mos. varies depending on product.
- Hep A: Hepatitis A (Children and adolescents not previously immunized should receive the Hepatitis A Vaccine series. Two doses delivered six to 12 months apart.)
- Hep B: Hepatitis B (Children and adolescents should receive the Hep B vaccine. Two doses delivered at least 6 months apart.)
- HIB: Haemophilus influenza type B (Need for HIB dose at 6 mos. varies depending on product.)
- MMR: Measles, Mumps and Rubella
- DtaP: Diphtheria, Tetanus and acellular Pertussis
- Tdap: Tetanus Diphtheria and low dose Pertussis (Recommended as a single dose for 11 through 64 years old otherwise, Td should be used.)
- VZV: Chickenpox (Varicella Zoster Virus) (Susceptible individuals born in 1980 or later should receive 2 doses at age appropriate intervals, 5-12 years – 3 month interval; at 13 years or over – one-month interval. Consider a single dose of age appropriate vaccine in children ages 24-59 months not previously vaccinated.)
- Pneu: Pneumococcal vaccination
- Flu: Influenza (Annual Fall vaccine is recommended for all children 6 months through 18 years of age. Initial vaccination requires two doses given 4 or more weeks apart through 8 years of age.)
- Men: Conjugated Meningococcal vaccine
- HPV: Human Papillomavirus. Given to females age 9-26 yrs. at 0, 2 and 6 mo. intervals. Routine vaccination at 11 to 12 yrs.
- Rota: Rotavirus vaccine. Not to be started after 14 wks and 6 days of age. Must be completed by 32 weeks of age.

AGES 19–39

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

SCREENING TESTS

| | | |
|---------------------|--|-----------|
| Men’s Health | | |
| Lipid Testing | | At age 35 |

| | | |
|-------------------------------------|--|--|
| Women’s Health | | |
| Chlamydia for sexually active women | Starting at age 15 annually through age 24 | |

| | |
|--|---------------|
| Pap Test | Every 3 years |
| (First Pap test should be performed at age 21 or 3 years after first sexual contact, whichever comes first.) | |

IMMUNIZATIONS

| | |
|--|------------------------|
| Diphtheria-Tetanus ± Pertussis Td/Tdap | Booster every 10 years |
|--|------------------------|

| | | |
|----------------------------|----------|--|
| HPV (Human Papillomavirus) | Age 9–26 | Females should receive the HPV 3-shot series at 0, 2 and 6 month intervals up to age 26. |
|----------------------------|----------|--|

| | |
|------------------------------|--|
| VZV (Varicella Zoster Virus) | Individuals born in 1980 or later should receive a second vaccine. |
|------------------------------|--|

○ Optional recommendations have not been confirmed to be beneficial in long-term controlled studies but are recommended by at least one professional organization.

AGES 40–49

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

SCREENING TESTS

| | | |
|---------------------|--|---------------|
| Men’s Health | | |
| Lipid Testing | | Every 5 years |

| | | |
|-----------------------|-----------------|--|
| Women’s Health | | |
| Pap Test | Every 3 years | |
| Mammogram ● | Every 1–2 years | |

| | |
|---------------|-----------|
| Lipid Testing | At age 45 |
|---------------|-----------|

IMMUNIZATIONS

| | |
|--|------------------------|
| Diphtheria-Tetanus ± Pertussis Td/Tdap | Booster every 10 years |
|--|------------------------|

● Annual mammography in this age group has been confirmed to decrease mortality but is not recommended by all professional organizations due to differing risk-benefit analyses. Options for breast cancer screening should be discussed with your provider annually.

Body Mass Index (BMI) is your weight in relation to your height.

How to calculate your BMI:

Weight
(pounds)

Height
(inches)

2

x
703

| | |
|-------------|----------------|
| Underweight | Below 18.5 |
| Normal | 18.25 – 24.9 |
| Overweight | 25.0 – 29.9 |
| Obesity | 30.0 and Above |

AGES 50–70

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

SCREENING TESTS

| | |
|----------------------------------|----------|
| Fecal Occult Blood Test (FOBT) ❖ | Annually |
|----------------------------------|----------|

| | |
|---|--------------------------------|
| Lower GI Endoscopy ❖ (Colonoscopy, Sigmoidoscopy) | At age 50, then every 10 years |
|---|--------------------------------|

| | | |
|---------------------------------|----------------------------|--|
| Men’s Health | | |
| Prostate Specific Antigen (PSA) | Optional annually | |
| Lipid Testing | Every 5 years until age 70 | |

| | | |
|-----------------------|----------------------------|--------------------------------------|
| Women’s Health | | |
| Pap Test | Every 3 years until age 65 | Not routinely indicated above age 65 |

| | |
|-----------|-----------------|
| Mammogram | Every 1–2 years |
|-----------|-----------------|

| | |
|-------------------|-----------------------|
| Bone Density Test | Recommended at age 65 |
|-------------------|-----------------------|

| | |
|---------------|----------------------------|
| Lipid Testing | Every 5 years until age 70 |
|---------------|----------------------------|

IMMUNIZATIONS

| | |
|--|------------------------|
| Diphtheria-Tetanus ± Pertussis Td/Tdap | Booster every 10 years |
|--|------------------------|

| | |
|--------------------|-----------|
| Zoster (Shingles)○ | At age 60 |
|--------------------|-----------|

| | |
|-------------|--|
| Influenza ○ | Optional annually to age 65, then annually |
|-------------|--|

| | |
|----------------------|-----------|
| Pneumococcal Vaccine | At age 65 |
|----------------------|-----------|

AGES 71 AND OVER

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

SCREENING TESTS

| | |
|----------------------------------|----------------------|
| Fecal Occult Blood Test (FOBT) ❖ | Annually to age 75 ◆ |
|----------------------------------|----------------------|

| | |
|---|-------------|
| Lower GI Endoscopy ❖ (Colonoscopy, Sigmoidoscopy) | To age 75 ◆ |
|---|-------------|

| | | |
|---------------------------------|--------------------------------------|--|
| Men’s Health | | |
| Prostate Specific Antigen (PSA) | Not routinely indicated above age 75 | |

| | | |
|-----------------------|--|--|
| Women’s Health | | |
| Mammogram | Every 1–2 years until age 76 then optional to age 80 ◆ | |

IMMUNIZATIONS

| | |
|-----------------------|------------------------|
| Diphtheria-Tetanus Td | Booster every 10 years |
|-----------------------|------------------------|

| | |
|-----------|----------|
| Influenza | Annually |
|-----------|----------|

❖ If colonoscopy has been performed within the last ten years, FOBT is not indicated. High sensitivity FOBT is the preferred test.

◆ At age indicated, patient and provider should discuss risks and benefits of continued screening.

These guidelines may not pertain to patients on chronic medications or patients with personal or family health risks. In addition to the specific tests and immunizations listed here, health maintenance also includes regular monitoring of blood pressure, weight, height, vision, hearing, and risk factor screening for coronary artery disease, depression, diabetes, hypertension, memory change, sexually transmitted diseases, and for tobacco, alcohol and dietary concerns.