

# Preventative Health Screening

## Child (Newborn to 10 Years)

### **General Physical Exams - Well Child Check (WCC)**

Prenatal, newborn, 1, 2 wks, 2, 4, 6, 9,12,15,18, 24, 30 months of age, then yearly.

- **Growth chart measurements and screening**  
Ht/Wt/head circumference  
BMI starting at 24 months  
Blood Pressure starting at 3 yrs unless indication – risk  
Vision screening: during routine WCC.  
Hearing; screening. during routine WCC.
- **Fluoride supplement**
- **Lab screen**  
Infant; PKU, hemoglobinopathies, hypothyroidism at birth and 1 wk old.  
Infant/child; Risk assessment for anemia, lead screen.  
Cholesterol and diabetes screening (for those at high risk)-BMI 25-30.  
Tuberculosis, HIV, Hepatitis screening (for those at high risk).
- **Behavioral Assessment / Family History**  
Risk assessment; Injury prevention, nutrition, physical activity, dental health.  
Exposure risk; tobacco – 2<sup>nd</sup> hand, substances, environment, sun exposure. Travel.  
Work related chemicals exposure( parent). Abuse, neglect.  
Autism; awareness-risk assessment screening 18- 24 months.
- **Immunizations.** ( See schedule)
- **Medication, multivitamin and supplement use.** Always advise your primary care provider about any over the counter medications, herbal-vitamin supplements, and medications from other providers. Carry a list of all your medications, supplements and allergies in your wallet.
- **Cancer Screening-** no formal screening. Risk assessment; family history, exposure, syndromes.

## Adolescent (11 to 18 years)

### **General Physical Exams - yearly.**

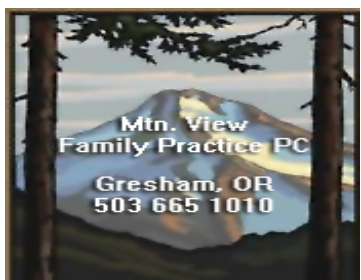
- **Growth chart measurements and screening**  
Ht/Wt/BMI/BP  
Vision/Hearing; part of yearly physical.
- **Immunizations.** ( See schedule)
- **Fluoride supplement-** dental health.
- **Lab screen-** Risk assessment;  
Anemia, Cholesterol, Diabetes, lead screening.  
Tuberculosis, HIV, Hepatitis, STD, Cervical Dysplasia screening
- **Behavioral Assessment**  
Risk assessment, Injury prevention, nutrition, physical activity, dental health,  
Exposure risk; Travel, sun, tobacco – 2<sup>nd</sup> hand, substances, environment,  
work- chemicals exposure. Abuse, neglect. STD prevention.  
Mental health screening -risk assessment screening.
- **Medication, multivitamin and supplement use.** Always advice your primary care provider about any over the counter medications, herbal-vitamin supplements, and medications from other providers. Carry a list of all your medications, supplements and allergies in your wallet.
- **Cancer Screening-** no formal screening. Awareness for Testicular, brain and blood cancers.  
Risk assessment; family history, exposure, syndromes

# Preventative Health Screening

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## Adult

- **General Physical Exams** - yearly.
- **Measurements and screening**  
Ht/Wt/BMI/BP.  
Vision; Risk assessment, consider screening every 1-2 yr,  
Hearing/Dental; part of yearly physical.
- **Immunizations.** ( See schedule)
- **Blood Pressure;** BP > 130/80 = borderline hypertension (HTN).
- **Cholesterol Screening**  
Men 35 yrs. 20yrs or earlier if at increased risk for coronary heart disease.  
Women aged 45 yrs, 20 to 45 yrs if at increased risk for coronary heart disease.
- **Diabetic Screening**  
Type 2 diabetes in asymptomatic adults with, BMI > 30, HTN, + family history (FH).
- **Osteoporosis**  
Women 65 or earlier if history (Hx ) of risk factors.  
Men over age 65 with risk factors.
- **Screening- Abdominal Aortic Aneurysm (AAA).**  
Abdominal ultrasound for 65 y/o male, smoker. 50 y/o if + family history AAA.
- **Medication, multivitamin and supplement use.** Always advise your primary care provider about any over the counter medications, herbal-vitamin supplements, and medications from other providers. Carry a list of all your medications, supplements and allergies in your wallet
- **Self Exam and Awareness**
- **Behavioral Assessment**  
Risk assessment, Injury prevention, nutrition, physical activity, dental health, TB screen  
Exposure risk; tobacco, substances, environment, solar, chemicals exposure. Travel.  
STD Screening- awareness: GC, Chlamydia, Syphilis, HIV, Hepatitis C.  
Mental health screening; Depression
- **Cancer Screening-** Risk Assessment; family history, exposure, syndromes  
**Women:** Pap smear at least every 3 yrs after becoming sexually active up to 65yrs\*,  
\*After 65 if history of 2 previous normal PAPs may stop yearly PAP screening.  
Mammogram at 50\* – 74 years, consider earlier screening if family history of breast cancer & risk factors.  
**Men:** Prostate exam yearly starting at age 50. Consider PSA lab.  
Consider earlier screening if family history & risk factors.  
**Men and Women;** Colorectal cancer screening 50 - 76 yrs, 40 yrs if family history of colon cancer. A history of pre malignant colon polyps, removed during colonoscopy is a positive history of colon cancer that should be relayed to siblings and offspring (+ Family History).



These are general recommendations from AAP; American Academy of Pediatrics, AAFP; American Academy of Family Practice and USPSTF; US Preventative Service Task Force. Not all authorities agree on the timing, necessity of testing and screening recommendations. There are potential benefits and harms to testing. Early detection, through awareness of family history and establishing care with a primary care provider for routine preventative screening will promote good general health.  
Mtn. View Family Practice recommends that you consider these and all screening recommendations with your primary care provider.