

Healthy Living Guidelines November 2005

Seniors

The following guidelines can help you stay healthy – no matter what your age. Remember, all prevention activities must be individualized; these guidelines below apply to people at average risk for the condition named.

AGE: 65 AND OVER	
BASIC HISTORY/COUNSELING/HEALTH ASSESSMENT EVERY 2 YEARS (DISCUSS AT OFFICE VISIT)	<ul style="list-style-type: none"> • Nutrition and exercise • Tobacco, alcohol, drug use • Activities of daily living • Injury prevention • Advance Directives • Immunizations
BASIC PHYSICAL EXAM	<ul style="list-style-type: none"> • Blood pressure: Every visit • Weight, height, (overweight/obesity) : Every 2 years • Vision *
BASIC DIAGNOSTIC TESTS	<ul style="list-style-type: none"> • Pap test:* May discontinue if results are normal • Breast health: mammogram and clinical breast exam every 1-2 years for women 65-69 years (after age 70, discuss with your doctor*) • Cholesterol: Every 5 years if normal • Colorectal health: Fecal occult blood test annually AND sigmoidoscopy every 5 years OR double contrast barium enema every 5 years OR colonoscopy every 10 years • Diabetes, Type 2 : Every 3 years • Diabetic retinopathy testing: Every year • Glaucoma screening: every 2 years
BETA BLOCKER MEDICATION	<ul style="list-style-type: none"> • Patients who have had a heart attack should start taking this medication as soon as possible
OTHER PRIMARY PREVENTION MEASURES	<ul style="list-style-type: none"> • Osteoporosis screening • Skin protection, skin lesions • Aspirin use: If you are at high risk for a stroke or heart attack, talk with your doctor about taking aspirin • Birth control (men) • Depression screening • Domestic violence and abuse • Safe sexual practices • Dental health

* Discuss your need for this test or procedure with your doctor