

Age-specific tests and screenings

18-39 YEARS OF AGE

Screening for specific conditions

› Gynecological (GYN) screenings for women

- ✓ Cervical Pap test.

Current guidelines recommend a full GYN exam, including a Pap smear and screening for sexually transmitted diseases after you find out that you have HIV. Then 6 months later a second Pap smear if:

- you do not have a history of abnormal Pap smears,
- your two Pap smears in the first year after diagnosis are normal, and
- you have no symptoms of HIV; You and your doctor may decide to schedule yearly Pap smears.

However, if you have history of abnormal Pap smears, you have human papillomavirus (HPV) or your CD4+ count is below 200, current guidelines suggest Pap smears every six months. Also, if you have an abnormal Pap smear, following up with a colposcopy and any recommended treatment is suggested and important. You will likely have frequent Pap smears exams and tests for a period of time following treatment for abnormal cervical cells.

The bottom line is to figure out with your doctor how often, based on your health status, that you should have a Pap test. For more information about GYN care, read Project Inform's *GYN Conditions and HIV/AIDS*, available toll-free at 1-800-822-7422 and at www.projectinform.org.

› Breast screening for women

- ✓ Yearly clinical breast exam (recommended more frequently for women with a family history of pre-menopausal diagnosed breast cancer)
- ✓ Baseline mammogram between 35 and 39 years of age unless you have had both of your breasts surgically removed (called a bilateral mastectomy).

Every 1 to 3 years

- › History and physical exam on schedule as recommended by a physician until 40, then annually thereafter.
- › Eye exam by general practitioner every 1 to 3 until age 40, then annually thereafter.
- › Physical exam to screen for cancers of the skin, thyroid, lymph nodes and rectum.
- › Vaccinations
 - ✓ Yearly influenza (flu) vaccination
 - ✓ Review and update of vaccinations
- › Dental exam and dental cleaning, preferably every six months.
- › If you are sexually active, screening for sexually transmitted infections is a good idea as you or your partner may not always have symptoms.

Every 5 years

- › Total blood cholesterol

Age-specific tests and screenings

40-65 YEARS OF AGE

Screening for specific conditions

› Cervical screening for women

Note: Current guidelines recommend a full gynecological exam, including a Pap smear and screening for sexually transmitted diseases after you find out that you have HIV. Then 6 months later a second Pap smear if:

- you do not have a history of abnormal Pap smears,
- your two Pap smears in the first year after diagnosis are normal, and
- you have no symptoms of HIV; You and your doctor may decide to schedule yearly Pap smears.

However, if you have history of abnormal Pap smears, you have human papillomavirus (HPV) or your CD4+ count is below 200, current guidelines suggest Pap smears every six months. Also, if you have an abnormal Pap smear, following up with a colposcopy and any recommended treatment is suggested and important. You will likely have frequent Pap smears exams and tests for a period of time following treatment for abnormal cervical cells.

The bottom line is to figure out with your doctor how often, based on your health status, that you should have a Pap test. For more information about GYN care, read Project Inform's *GYN Conditions and HIV/AIDS*, available toll-free at 1-800-822-7422 and at www.projectinform.org.

› Breast cancer screening for women

- ✓ Yearly clinical breast exam (recommended more frequently for women with a family history of pre-menopausal diagnosed breast cancer)
- ✓ Mammogram every year for women over 40 (same comment as above.)

› Osteoporosis screening using bone mineral density screening –

- ✓ Osteoporosis prevention counseling for post-menopausal women
- ✓ Initial screening for postmenopausal women at risk of bone problems (osteoporosis); subsequent screenings should be based upon a woman's risk status.

› Prostate cancer screening using a prostate-specific antigen (PSA) blood test, as recommended by doctor for men considered at risk of prostate cancer.

› Colorectal screening

For people aged 50 and older, one of the following colorectal cancer screening is recommended

- ✓ Annual fecal occult blood test (FOBT)
- ✓ Flexible sigmoidoscopy, every 5 years
- ✓ Annual FOBT and flexible sigmoidoscopy every 5 years
- ✓ Total Colon examination looking for problems along the entire length of the colon using Barium X-ray and colonoscopy every 5-10 years.

Every year

- › Height/weight measurements
- › Blood pressure check
- › Physical exam for cancers (skin, thyroid, lymph nodes, prostate, rectum)
- › Stool sample check for blood
- › Dental exam and dental cleaning, preferably every six months

Every 1 to 3 years

- › Thyroid hormone check
- › Complete Blood Count (CBC)
- › Total blood cholesterol
- › Blood sugar
- › Hearing check
- › Vision and glaucoma screenings
- › Urinalysis

(EXAMPLE)

my health maintenance schedule

My current age ____.

I should have a complete physical every ____ year(s).

MY TEST AND SCREENING SCHEDULE FOR CALENDAR YEAR: 2005.

TEST / PROCEDURE	HOW OFTEN	WHERE	TARGET DATE
mammogram	once a year	the women's clinic, downtown 111-111-1111	june
dental check-up	twice a year	dr. smith, 222-222-2222	april & october
Pap test	twice a year	the women's clinic, downtown 111-111-1111	march & september
breast self-exam	monthly	at home	first day of the month
complete physical	once a year	dr. brown, 333-333-3333	march
flu vaccination	once a year	the women's clinic, downtown 111-111-1111	november
tetanus booster	every 10 years	dr. brown, 333-333-3333	march, this year
viral load/CD4+ count	twice a year	dr. brown, 333-333-3333	march & september

(EXAMPLE)