

Capital District Physicians' Health Plan
Preventive Health Guidelines for Adult Women

	19 – 39 Years	40 – 49 Years	50 – 64 Years	65+ Years
Periodic Health Visit <i>Frequency History</i> <i>Physical</i>	<ul style="list-style-type: none"> • Every 1 –3 Years • Complete/update including family history, activity, tobacco, alcohol, drug use and sexual practices • Exam to include height & weight (BMI), blood pressure • Clinical breast exam 	<ul style="list-style-type: none"> • Every 1 – 3 Years • Complete/update including family history, activity, tobacco, alcohol, drug use and sexual practices • Exam to include height & weight (BMI), blood pressure • Clinical breast exam • Vision screening 	<ul style="list-style-type: none"> • Every 1 – 3 Years • Complete/update including family history, activity, tobacco, alcohol, drug use and sexual practices • Exam to include height & weight (BMI), blood pressure • Annual breast exam • Vision screening 	<ul style="list-style-type: none"> • Every 1 – 3 Years • Complete/update including family history, activity, tobacco, alcohol, drug use and sexual practices • Exam to include height & weight (BMI), blood pressure • Annual breast exam • Vision and hearing screening
Lab/Tests/ Other exams	<ul style="list-style-type: none"> • Screen women aged 20+ for lipid disorders if they have risk factors for heart disease • Pap test every 1-3 years • Chlamydia screening for sexually active women aged 25 and younger annually and others at risk • Rubella antibody screening x 1 • Baseline mammogram between ages 35-39 • TB screening by PPD as indicated • Screen for Type 2 diabetes if at risk • Screening for HIV if at risk 	<ul style="list-style-type: none"> • Screen women aged 45 and older for lipid disorders every five years. Screen 40-44 year old women if they have risk factors for heart disease • Pap test every 1-3 years • Chlamydia screening for all sexually active women at risk annually • Rubella antibody screening x1 • Mammogram every 1-2 years • TB screening by PPD as indicated • Screen for Type 2 diabetes if at risk • Screening for HIV if at risk 	<ul style="list-style-type: none"> • Screen for lipid disorders every five years • Colorectal cancer screening <ul style="list-style-type: none"> ○ Annual fecal occult blood test ○ Colonoscopy once every 10 yrs ○ Flex. Sigmoidoscopy once every 5 yrs. ○ Annual fecal occult blood test and flex. Sigmoidoscopy once every 5 yrs. or double-contrast barium enema Follow up as recommended by physician. <ul style="list-style-type: none"> • Pap test every 1-3 years • Chlamydia screening if at risk • Annual mammogram • Osteoporosis screening for women at risk over age 60 • TB screening by PPD as indicated • Screen for Type 2 diabetes if at risk • Screening for HIV if at risk 	<ul style="list-style-type: none"> • Screen for lipid disorders every five years (if at risk) <ul style="list-style-type: none"> • Colorectal cancer screening <ul style="list-style-type: none"> ○ Annual fecal occult blood test ○ Colonoscopy once every 10 yrs ○ Flex. Sigmoidoscopy once every 5 yrs. • Annual fecal occult blood test and flex. Sigmoidoscopy once every 5 yrs. or double-contrast barium enema Follow up as recommended by physician. <ul style="list-style-type: none"> • Pap test is optional after age 65 for women with a documented negative screening 3X in 10 years • Annual mammogram until age 70, as indicated after age 70 • Screened routinely for osteoporosis after age 65 • TB screening by PPD as indicated • Screen for Type 2 diabetes if at risk • Screening for HIV if at risk
Preventive Medication	<ul style="list-style-type: none"> • All women planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid 	<ul style="list-style-type: none"> • All women planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid) Aspirin is recommended for women age 55-79 to reduce risk of ischemic stroke when a net benefit is present.) Aspirin is recommended for women age 55-79 to reduce risk of ischemic stroke when a net benefit is present.

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Immunizations	<ul style="list-style-type: none"> Td booster every 10 years. (substitute 1 dose with Td Tdap for Td) Tdap should replace a single dose of Td for adults aged <65 years who have not previously received a dose of TDAP. Influenza vaccine annually if at risk and pregnant women Pneumococcal vaccine x1 at risk, booster as recommended Human papillomavirus (HPV) ≤ 26 years of age if not previously given 3 doses (0, 2, 6 months). Varicella 2 doses (0, 4-8 wks) All adults without evidence of immunity to varicella vaccine unless they have a medical contraindication. Measles, mumps, rubella (MMR) 1 or 2 doses if <50 years old. 	<ul style="list-style-type: none"> Td booster every 10 years. (substitute 1 dose with Tdap for Td) Tdap should replace a single dose of Td for adults aged <65 years who have not previously received a dose of TDAP. Influenza vaccine annually if at risk and pregnant women Pneumococcal vaccine x1 if at risk, booster as recommended Varicella 2 doses (0, 4-8 wks) All adults without evidence of immunity to varicella vaccine unless they have a medical contraindication. Measles, mumps, rubella (MMR) 1 or 2 doses if <50 years old. 	<ul style="list-style-type: none"> Td booster every 10 years. (substitute 1 dose with Tdap for Td) Tdap should replace a single dose of Td for adults aged <65 years who have not previously received a dose of TDAP. Influenza vaccine annually Pneumococcal vaccine x1 if at risk, booster as recommended Varicella 2 doses (0, 4-8 wks) All adults without evidence of immunity to varicella vaccine unless they have a medical contraindication. Zoster vaccine 1 dose; ≥ 60 years old. 	<ul style="list-style-type: none"> Td booster every 10 years. Influenza vaccine annually Pneumococcal vaccine X1 lifetime from age 65, booster as recommended Varicella 2 doses (0, 4-8 wks) All adults without evidence of immunity to varicella vaccine unless they have a medical contraindication. Zoster vaccine 1 dose; ≥ 60 years old.
Counseling/Screening	<ul style="list-style-type: none"> Diet- discuss calcium with all women and folic acid with those at risk for or considering pregnancy Exercise promotion Self breast exams Smoking cessation ETOH/substance abuse prevention STD/HIV/Sexual behavior Family planning Dental health Sun exposure Injury prevention (including seat belt, helmet use) Life stage issues (family, child, depression) Health Care proxy/Adv Directives 	<ul style="list-style-type: none"> Diet education including calcium and folic acid with those at risk for or considering pregnancy Exercise promotion. Self breast exams Smoking cessation ETOH/substance abuse prevention STD/HIV/Sexual behavior Family planning Dental health Sun exposure Injury prevention (including seat belt, helmet use) Life stage issues (family, child, depression, bereavement) Health Care proxy/Adv. Directives 	<ul style="list-style-type: none"> Diet discuss calcium and Vitamin D Exercise promotion Self breast exam Management of menopause Smoking cessation ETOH/substance abuse prevention STD/HIV/Sexual behavior Dental health Sun exposure Injury prevention (including seat belt, helmet use) Life stage issues (depression/bereavement) Health Care proxy/Adv. Directives 	<ul style="list-style-type: none"> Diet discuss calcium and Vitamin D Exercise promotion. Self-exam of breasts. Management of menopause Smoking cessation ETOH/substance abuse prevention Sexuality concerns Dental health Sun exposure Injury prevention (including seat belt, helmet use and falls) Life stage issues (depression, bereavement) Health Care proxy/Adv. Directives

High Risk Individuals:

*Menigococcal, Hep B, MMR > 49 and Hep A Immunizations for those at risk

Section 2112 of the NYS Public Health Law (PHL), effective July 1, 2008, requires health care providers to use vaccines that do not contain more than trace amounts of thimerosal when vaccinating children less than 3 years of age and pregnant women. For more information go to

http://www.health.state.ny.us/regulations/public_health_law/section/2112/information_for_physicians/update_to_state_law_restricting_thimerosal.htm

Guidelines adapted from the U.S. Preventive Services Task Force 2008. Recommended Adult Immunization Schedule, United States- October 2007-September 2008. ACIP. Preventive Care and Immunization Guidelines reviewed and approved by CDPHP QM Committee 7/2009.