

General Preventative Counseling

- Immunizations: Tetanus every 10 years, Pevnar 13 at age 65 followed by Pneumovax-23 one year later, Shingles at age 50, Flu yearly.
- Cholesterol every 5 year, more often as indicated if abnormal
- Blood Pressure yearly, more often if abnormal
- Male: PSA blood test and Prostate exam every year starting at age 50, earlier for high risk.
- Female: PAP's ages 21 to 29 every 3 years, ages 30 to 65 every 3 years or PAP + HPV testing every 5 years; over 65 years may stop if 3 negative PAP's in the past 10 years or total hysterectomy for benign causes
 - o Mammograms - Ages 40-49 discuss individual risk with provider, Ages 50-74 offer at least every 2 years. Over age 75 evidence lacking. High risk/BRACA gene positive - yearly mammograms starting at age 25, consider MRI and US imaging for dense breasts. Report any changes in breasts promptly.
- *Bone Density* every 2 year: Women over age 65 and men over age 70, sooner if high risk.
- Colon Cancer Screening: Colonoscopy starting at age 45, then every 10 years or sooner if abnormal, family history of colon cancer, or polyps. Stool hemoccult yearly or Cologuard every 3 years.
- Eye Exam with Optometrist or Ophthalmologist every 2 years or sooner if high risk.
- Dental visits every 6 months.
- Recommend HIV & Hepatitis C screening.
- Fall Prevention Tips - Stand and sit up slowly. Use assistive devices as needed. Wear shoes that fit well and have soles that grip. Stay active to help strengthen muscles and improve balance. Manage your medical conditions. Keep paths clear, remove small rugs, install bright lights, railings, hand holds, and do not walk on wet surfaces.
- *Osteopenia/Osteoporosis*: Calcium 800 to 1200 mg in divided doses, Vitamin D 2000 IU a day, Exercise, quit Smoking, Medications as indicated.
- Urinary Incontinence: first-line treatment with pelvic floor muscle training. Timed voiding - urinate every 1-2 hours during the day, weight loss, avoidance of bladder irritants, medications.
- Obesity / Weight Loss - BMI over 30

- Diet - Limit sweets, soda, refined carbohydrates, Health Wt. Loss hand out, Weight Watchers, Nutritionist, use Apps such as Noom Coach, consider Bariatric Surgery if morbidly obese.
- Exercise - Aerobic (walking, Jogging, Swimming, Bicycling), 90 minutes 5 to 6 days per week.

<https://cdc.gov/healthyweight/index.html>

- *Cardiovascular Risk Factors:* Hypertension, Low HDL or High LDL cholesterol, Smoker, Diabetes, Obesity, Sedentary life style, Excess ETOH, Stress, Men over 55, Women over 65, Personal or Family history of heart attack or stroke.

If 2 or more Risk Factors recommendations:

- Blood Pressure below 130/80 - lifestyle modification, low salt diet, lose weight, alcohol as above and medications.
- HDL Cholesterol: exercise, lose weight, stop smoking
- LDL Cholesterol less than 100-lower is better, Low Cholesterol diet & Medications
- Quit Smoking
- Diabetes - life style modification, lose weight, medications, control HgA1C
- Lose Weight: see above
- Exercise: see above
- Alcohol - not to exceed 1 drink a day for women or 2 drinks a day for men
- Stress - discussed strategies, therapy and or medications
- Aspirin 81 mg, if not contraindicated
- Exercise Tolerance Test, Nuclear ETT and other vascular studies as indicated.

<https://www.americanheart.org>

- Diabetic Counseling
 - Possible use of Aspirin
 - Blood Pressure less than 130/80
 - HgA1C less than 7.0
 - LDL Cholesterol less than 100
 - Triglycerides less than 150
 - HDL over 40 male, over 50 female
 - Medications
 - Nutritional counseling
 - Ophthalmology yearly

<https://www.cdc.gov/diabetes> (30 min)

- Tobacco Cessation use of nicotine replacement and other medications such as Chantix. Yearly spirometry, Pneumococcal Vaccine, screen for lung cancer with Lose dose CT scan of Chest for Tobacco uses ages 55 to 80 with 30 pack per year history.

<https://www.cdc.gov/tobacco> (3 min)

- Substance Abuse: **(15 min)**

- Alcohol not exceed 1 drink a day for Women or 2 drinks a day for men, AA, In-Patient, counseling and medications.

<https://www.cdc.gov/alcohol>

- Illegal Drugs - recommend cessation NA, In-Patient, counseling and medications. IV drug users: recommend Hepatitis & HIV testing, Hepatitis A & B vaccination
- Sexual practices: monogamous relations, avoid multiple partners, avoid high risk practices and use protective methods for prevention of HIV and Sexually transmitted infections
- Other: Wear Seat belts, avoid distracted driving, minimize exposure to UV radiation use Sunscreen with UV A & B protection, smoke and carbon monoxide detectors in residence, store medications in dry, dark place, look up toxins and firearms, report any domestic violence.
- Recommend Health Care Proxy and Advanced directives.