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Preventive Healthcare Education in Primary Care

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| Authors | Chamby, Anna B |
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Preventive Screenings at an Adult Well Visit

Colorectal Cancer Screening

Screening can prevent colorectal cancer by identifying abnormal growths (precancerous polyps) so that they can be removed before they develop into cancer.

How should I be screened?

- **Colonoscopy** is the gold standard.
- There are other visual exams or stool-based tests available but any abnormal test must be followed up with a colonoscopy.

When should I be screened?

- Most current recommendations state that people at average risk of colorectal cancer should begin screening at **age 50**.
- The American Cancer Society (ACS) has recently updated their guidelines to begin screening at **age 45**.
- Screening should continue at regular intervals (as determined by your provider) until the **age of 75**. You do not need to be screened over the **age of 85**.
- You may need to be tested earlier or more often if you are at increased risk of colorectal cancer.

Cervical Cancer Screening

How should I be screened?

- **Pap test**: detects pre-cancerous changes to cells in your cervix
- **HPV test**: looks for infection by high-risk types of human papillomavirus (HPV), the most important risk factor for developing cervical cancer

When should I be screened?

- The American College of Obstetrics and Gynecology (ACOG) recommends screening for anyone with a cervix starting at **age 21**
 - **Age 21 to 29** – **Pap test** every 3 years
 - **Age 30 to 65** – one of three options:
 - **Pap + HPV** every 5 years
 - **Pap** only every 3 years
 - **HPV** only every 5 years
- You do not need to be screened over the **age of 65** if you have no history of abnormal test results.

Other screenings

Your provider will discuss other important preventive screenings with you, depending on your sex, age, and risk factors.

Update your provider with any recent screenings or changes to your health.

Breast Cancer Screening

How should I be screened?

- **Mammogram** (X-ray of the breast) is the gold standard.
- **Breast MRI** and **ultrasound** are also available for those at higher risk.

When should I be screened?

- Most guidelines state that women should have the choice to start screening at **age 40**.
- By **age 50**, women at average risk should be screened annually or once every two years.
- By **age 75**, you may choose to stop screening, though some guidelines recommend continued screening.
- Different screening guidelines are suggested for women with risk factors, such as family history or genetic mutations.

Prostate Cancer Screening

Screening for prostate cancer in anyone with a prostate is controversial. Before you decide whether to be screened, your provider should discuss the potential benefits and harms of screening.

How should I be screened?

- **Prostate specific antigen (PSA)** blood test
- **Digital rectal exam (DRE)** is no longer commonly used for primary screening

When should I be screened?

- The discussion for screening should begin at **age 50** for those at average risk.
- You may need to consider screening earlier if you are at increased risk for prostate cancer.
- The US Preventive Service Task Force (USPSTF) recommends against screening in those **age 70** or older

Immunizations

Your provider will ask you about your immunization status for certain vaccinations, depending on your age and risk factors:

- Tetanus (Tdap)
- Shingles
- Influenza
- Pneumonia
- COVID-19

