## Personal Health Screening Guidelines

	Screening	Purpose	20-29	30-39	40-49	50-59	60+
GENERAL	Cholesterol, HDL, LDL and triglycerides	Identify people at high risk for coronary artery disease	Every 5 years depending on level	Every 5 years depending on level	Every 1-3 years depending on level	Annually	Annually
	EKG	Identify injury to heart or irregular rhythms			Baseline test between ages 40 and 45	Annually	Annually
	General Physical Exam	Detect conditions before symptoms develop	Every 2-3 years	Every 2-3 years	Every 2-3 years	Annually	Annually
	Immunizations	Create immunity against a particular disease	Diphtheria—Tetanus every 10 years. Rubella once if necessary (females only). Influenza annually age 65 and older. Pneumococcal vaccine once after age 65.				
	Rectal Exam	Detect any abnormalities in the rectum				Annually	Annually
	Colonoscopy	Detect cancers and growths (polyps) on the inside wall of the colon before they become cancerous				Baseline test at 50, then every 5-10 years	Every 5-10 years
	Hemoccult	Detect blood in stool to screen for various diseases				Annually	Annually
	General Eye Exam	Detect hidden disease processes in the eye or body as a whole	Every 5-10 years	Every 5-10 years	Every 3-5 years	Every 3 years	Every 1-2 years
W O M E N	Breast Self Exam	Look for color changes, skin irregularities, lumps and changes in the nipples	Monthly	Monthly	Monthly	Monthly	Monthly
	Mammography	Detect cancer and precancerous changes			Baseline test at 40	Annually	Annually
	Pap Smear	Detect abnormal cells that may become cancerous	Annually	Every 1-3 years	Every 1-3 years	Every 1-3 years	Every 1-3 years
	Pelvic Exam	Detect cancer and precancerous changes of the cervix, uterus and ovaries	Annually	Annually	Annually	Annually	Annually
	Bone Density Screening	Detect osteoporosis and bone thinning					Baseline test at 60
MEN	Prostate Specific Antigen	Detect prostate cancer in the earliest stages				Annually	Annually
	Testicular Self Exam	Detect testicular cancer, the most common malignancy in American men between ages 15 and 35	Monthly	Monthly	Monthly	Monthly	Monthly
	Digital Rectal Exam	Identify an early growth or tumor in the prostate gland				Annually	Annually

# **Well Exam Guidelines By Age**

Lynn S. Bickley,Peter G. Szilagyi,Barbara Bates

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value of what you can uncover with a sharp mind attentive ear agile fingers and a few simple tools Every section is constructed to answer the question What do I really need to know about this area The material is presented in a concise bulleted fashion that is easy to read and follow The focus is on skills and approaches which should be readily applicable during clinical encounters Exam techniques are described in step by step detail Special maneuvers that are occasionally utilized are also described as well as when they should be implemented Photos and illustrations are incorporated to make the descriptions and techniques easier to understand and apply There are chapters dedicated to every major organ system In addition care of specific patient groups are covered including three chapters dedicated to pediatrics Newborn Toddler Child and Adolescence LGBTQ Health and Geriatrics Every chapter contains Pearls to draw attention to particularly noteworthy elements Findings and their Meanings are provided which highlight common abnormalities that might be identified as well as their clinical significance Tables and charts are used throughout to allow the reader to more easily identify key points and make connections and comparisons Clinical Connection illustrations further highlight the link between historical information exam findings and common disorders Diagnoses at a Glance are provided in tables that emphasize the symptoms findings and pathology associated with common disorders within an organ system Each section has Telehealth Tips highlighting the ways in which this growing modality might be utilized to evaluate specific organ systems and symptoms There is also a chapter dedicated to Telehealth which provides core information that is broadly applicable to typical telehealth visits Checklists at the end of each chapter highlight the core aspects of each organ system exam Detailed descriptions of how to function in clinical settings are provided including Oral Presentations and Documentation e.g. note writing in the Hos **Textbook of Physical Diagnosis - E-BOOK** Mark H. Swartz, 2024-12-20 Offering a compassionate humanistic approach in this critical area Swartz Textbook of Physical Diagnosis Nineth Edition helps you master each aspect of the art and science of interviewing and physical examination This highly regarded text clearly teaches how your interpersonal awareness is just as crucial during the patient interview and physical exam as your level of skill and why clinical competence in this area is essential for physicians osteopathic physicians nurse practitioners physician assistants nurses and all other members of the healthcare profession From cover to cover you ll learn fundamental skills and concepts that result in more accurate diagnoses more effective patient management and better patient outcomes Offers fully revised content throughout including clear easy to understand explanations of interviewing and examination techniques clinical presentations pathophysiology complementary and alternative medicine and physical diagnosis standards and tests Includes three new chapters The Transgender Patient Artificial Intelligence in Clinical Encounters Opportunities and Challenges and Telehealth Adapting Clinical Assessment Explores how cultural differences can influence communication diet family relationships and health practices and beliefs which may affect your approach to a patient s treatment Features hundreds of high quality color images an easy to use design and detailed descriptions of practical techniques throughout Contains new end of chapter review

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An Introductory Guide to EC Competition Law and Practice Valentine Korah, 1994

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