Based on the United States Preventive Services Task Force 2021 Guidelines and other selected references.

1. **Cardiac risks** include: smoking, hypertension, diabetes, strong family history of heart attack, obesity, physical inactivity.

2. **Diabetes risks** include: family history of diabetes, Black, Hispanic/Latino, American Indian, Asian American or Pacific Islander, overweight or obese, physically inactive, hypertension, history of gestational diabetes, polycystic ovary syndrome.

3. **Colon cancer risks** include: personal or family history of polyps or colorectal cancer, inflammatory bowel disease, personal diagnosis or family history of genetic disorders associated with increased risk.

4. **Prostate cancer risks** include: African American race or family history of prostate cancer.

5. **Lung cancer screening** is recommended annually for those with a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.

6. **Osteoporosis risks** include: family history of osteoporosis, smoking, corticosteroid use, alcohol use, low BMI, with FRAX score of Major Osteoporotic fracture of 8.4.

7. **Hepatitis B screening** is only for people at high risk.

8. **Hepatitis C screening** is once or periodically if at continued risk.

9. **TB screening** is for patients at high risk.

10. **Chlamydia and Gonorrhea testing** is for women yearly if sexually active.

11. **HIV testing** is at least once age 18–65.

12. **Syphilis testing** is for patients with increased risk of infection.

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### Screening Activity

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<th>Screening Activity</th>
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### Preventive Health Guidelines

**Adult Preventive Health Guidelines**

- **Cardiovascular Health**: Blood pressure, cholesterol, fasting blood sugar/A1C.
- **Cancer Screening**: Breast, cervical, colon, prostate, lung.
- **Other Screening**: Bone density test, hepatitis B and C, TB.
- **Sexual Health**: Chlamydia and gonorrhea, HIV.
- **Osteoporosis**: Bone density test.
- **Vaccination**: Adult vaccines.

**Screening Frequency**

- Every 5 years: well-woman exam, blood pressure, cholesterol, fasting blood sugar/A1C.
- Every 2 years: fasting blood sugar/A1C.
- Every year: lung cancer screening, breast cancer screening.
- Every 3–5 years: fasting blood sugar/A1C.
- Every 5 years: colon cancer screening.
- Every 3 years: abdominal aortic ultrasound.
- Every 1–2 years thru age 74: breast cancer screening.
- Starting at age 21 every 3 years: cervical cancer screening.
- Starting at age 45, or sooner based on risk: prostate cancer screening.
- Starting at age 50: colon cancer screening.
- Annual low-dose CT scan: lung cancer screening.
- If high risk: bone density test.
- Women as needed if increased risk: chlamydia and gonorrhea testing.
- For patients at high risk: TB screening.
- Women as needed if increased risk: HIV testing.
- If high risk, periodically if at continued risk: syphilis testing.
- Shared decision: shared decision between patient and provider.

**Risk Factors**

- **Cardiac**: smoking, hypertension, diabetes, strong family history of heart attack, obesity, physical inactivity.
- **Diabetes**: family history of diabetes, Black, Hispanic/Latino, American Indian, Asian American or Pacific Islander, overweight or obese, physically inactive, hypertension, history of gestational diabetes, polycystic ovary syndrome.
- **Colon cancer**: personal or family history of polyps or colorectal cancer, inflammatory bowel disease, personal diagnosis or family history of genetic disorders associated with increased risk.
- **Prostate cancer**: African American race or family history of prostate cancer.
- **Lung cancer**: smoking, history of injection drug use, persons with HIV, men who have sex with men, and close contacts of persons who are HBsAg positive.
- **Hepatitis B**: birth in a country with high prevalence, having parents from regions of high prevalence when the patient did not receive Hepatitis B vaccine, history of injection drug use, persons with HIV, men who have sex with men, and close contacts of persons who are HBsAg positive.
- **Hepatitis C**: all adults should be screened once. If at higher risk, can be screened periodically.
- **TB**: for patients at high risk.
- **Chlamydia and Gonorrhea**: women yearly if sexually active.
- **HIV**: at least once age 18–65.
- **Syphilis**: for patients with increased risk of infection.

**Age Requirements**

- For all persons who meet age requirements.
- For all persons who meet specified criteria.
- Shared decision.