

Clinical Practice Guidelines for Preventive Medicine

(Adopted as recommended by the U.S. Preventive Services Task Force)

The contents of this Clinical Practice Guideline are to be used as a guide. Healthcare professionals should use sound clinical judgment and individualize patient care. This CPG is not meant to be a replacement for training, experience, CME or studying the latest literature and drug information.

1. **Breast Cancer Screening** – Screening mammography, with or without clinical breast examination (CBE) every 1-2 years for women aged 40 and older.
2. **Screening for Cervical Cancer** – Screening for cervical cancer in women who have been sexually active and have a cervix. (Suggest beginning screening within 3 years of onset of sexual activity or age 21 (whichever comes first) and screening at least every 3 years.
Avoid screening women older than age 65 for cervical cancer if they have had adequate recent screening with normal Pap smears and are not otherwise at high risk for cervical cancer.
Avoid routine screening Pap smears in women who have had a total hysterectomy for benign disease.
3. **Screening for Chlamydial Infection** – Screening for chlamydial infection for all sexually active non-pregnant young women aged 24 and younger and for older non-pregnant women who are at increased risk.
Avoid screening for chlamydial infection for women aged 25 and older, whether or not they are pregnant, if they are not at increased risk.
4. **Screening for Colorectal Cancer** – Screening men and women 50 years of age or older for colorectal cancer. (FOBT, sigmoidoscopy with or without FOBT, double-contrast barium enema, or colonoscopy may be used)
5. **Screening and Interventions to Prevent Obesity in Adults** – Screening all adult patients for obesity and offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults. (BMI calculation is a reliable and valid method of identifying adults at increased risk for mortality and morbidity due to overweight and obesity)
6. **Screening for High Blood Pressure** – Screening adults aged 18 and older for high blood pressure.
7. **Screening for Lipid Disorders in Adults** – Screening men aged 35 years and older and women aged 45 years and older for lipid disorders and treat abnormal lipids in people who are at increased risk of coronary heart disease.
Screening for lipid disorders in younger adults (men aged 20 to 35 and women aged 20 to 45) for lipid disorders if they have other risk factors for coronary heart disease. Screening for lipid disorders includes measurement of total cholesterol (TC) and high-density lipoprotein cholesterol (HDL-C).
8. **Counseling to Prevent Tobacco Use** – All adults should be screened for tobacco and if positive provide tobacco cessation interventions.
All pregnant women should be screened for tobacco use and augmented
Pregnancy-tailored counseling is provided.