

ADVENTIST HEALTH PORTLAND

# Family Health Guidelines

Recommended Screenings  
and Immunizations for Men,  
Women and Children



[AdventistHealth.org/NW](https://AdventistHealth.org/NW)

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Adventist Health Portland





## Take charge of your family's health

Getting regular check-ups, preventive screening tests, and immunizations are among the most important things you can do for yourself and your family. Become a partner with your health care team to choose when you need your screenings and immunizations.

Share your family history, voice your concerns, and always ask questions about what you can do to prevent certain diseases. If you don't know whether you need certain screenings, ask your provider. The charts on the following pages list recommended screenings and immunizations for those at average risk for most diseases. Share these guidelines with your family.

## Women: General screenings and immunizations

Your provider will personalize the timing of each test to meet your health care needs.

	AGES 19-39	AGES 40-49	AGES 50-64	AGES 65 +
<b>Blood screen</b> Iron check for anemia, RhD	All pregnant women should have these tests			
<b>Bone Health</b> Bone mineral density test (for osteoporosis)				Start at age 65. Discuss with your provider.
<b>Breast Health</b> Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your provider.		
<b>Cholesterol test</b>		Start at age 40	Every 5 years	
<b>Colorectal Health</b> Colon cancer screening	If family history, discuss with your provider		Start at age 50. If family history, discuss frequency with your provider.	
<b>Diabetes</b> Blood glucose test	Discuss with your provider	Start at age 45, then every 3 years	Every 3 years	
<b>Heart Health</b> Blood pressure test	At least every 2 years	Yearly		
<b>Hepatitis B vaccine</b>	Discuss with your provider			
<b>Hepatitis C vaccine</b>			Discuss with your provider	Discuss with your provider
<b>Herpes zoster vaccine</b> (to prevent shingles)			Starting at age 60, one time only. Discuss with your provider.	One time only. Discuss with your provider.
<b>Human papillomavirus vaccine (HPV)</b>	Ages 11-26, series of vaccine			
<b>Influenza vaccine (flu)</b>	Yearly			
<b>Meningococcal vaccine</b> (meningitis)	Discuss with your provider if attending college			
<b>Pneumococcal vaccine</b> (pneumonia)	There are two different types of pneumococcal vaccine. Discuss with your provider to find out if one of both vaccines are recommended for you.			
<b>Reproductive Health</b> Pap test, pelvic exam and breast exam	Starting age 21, every 3 years. Starting age 30, 3-5 years.	Every 3-5 years		Discuss with your provider
<b>Sexually transmitted disease (STD) tests</b> (chlamydia, gonorrhea, syphilis and HIV screening)	Get these tests if you are sexually active. All pregnant women should have these tests.	Get these tests if you have a new partner. All pregnant women should have these tests.	Discuss with your provider. Get these tests if you have a new partner.	
<b>Tetanus, diphtheria, pertussis vaccine</b> (whooping cough, Td/Tdap)	Substitute 1-time dose of Tdap for Td booster. *If pregnant, you should receive Tdap during the 3rd trimester of every pregnancy to help protect your baby from pertussis (whooping cough).			Td booster, every 10 years

## Men: General screenings and immunizations

Your provider will personalize the timing of each test to meet your health care needs.

	AGES 19-39	AGES 40-49	AGES 50-64	AGES 65 +
<b>Abdominal Aortic Aneurysm screening (AAA)</b>				One time between the ages of 65 and 75 (if history of tobacco use)
<b>Cholesterol test</b>		Start at age 40	Every 5 years	
<b>Colorectal Health</b> Colon cancer screening	If family history, discuss with your provider		Start at age 50. If family history, discuss frequency with your provider.	
<b>Diabetes</b> Blood glucose test	Discuss with your provider	Start at age 45, then every 3 years	Every 3 years	
<b>Heart Health</b> Blood pressure test	At least every 2 years	Yearly		
<b>Hepatitis B vaccine</b>	Discuss with your provider			
<b>Hepatitis C vaccine</b>			Discuss with your provider	Discuss with your provider
<b>Herpes zoster vaccine</b> (to prevent shingles)			Starting at age 60, one time only. Discuss with your provider.	One time only. Discuss with your provider.
<b>Human papillomavirus vaccine (HPV)</b>	Ages 11-26, series of vaccine			
<b>Influenza vaccine (flu)</b>	Yearly			
<b>Meningococcal vaccine</b> (meningitis)	Discuss with your provider if attending college			
<b>Pneumococcal vaccine</b> (pneumonia)	There are two different types of pneumococcal vaccine. Discuss with your provider to find out if one of both vaccines are recommended for you.			
<b>Reproductive Health</b> Sexually transmitted disease (STD) tests (chlamydia, syphilis and HIV screening)	Get these tests if you are sexually active	Get these tests if you have a new partner	Discuss with your provider. Get these tests if you have a new partner.	
<b>Tetanus, diphtheria, pertussis vaccine</b> (whooping cough, Td/Tdap)	Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years			Td booster, every 10 years

Issue date: April 2016

Immunization and screening information in this booklet was compiled by Adventist Health Medical Group, based upon evidence-based national guidelines for preventive health care from the U.S. Preventive Services Task Force, the United States Department of Health and Human Services, and Centers for Disease Control and Prevention; as approved by the Advisory Committee on Immunization Practices, the American Academy of Pediatrics, and the American Academy of Family Physicians.

For more information, visit [AdventistHealth.org/NW](http://AdventistHealth.org/NW)

# Children and adolescents: General screenings and immunizations

If your child misses a shot, you don't need to start over, just go back to your provider for the next shot. The provider can help you keep your children up-to-date on their vaccinations.

	AT BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	9 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19-23 MONTHS	2-3 YEARS	4-6 YEARS	7-10 YEARS	11-12 YEARS	13-15 YEARS	16-18 YEARS	
<b>VACCINE</b>																	
<b>Hepatitis B</b>	1st dose	2nd dose		3rd dose													
<b>Rotavirus</b>			1st dose	2nd dose	Ask your provider												
<b>Diphtheria, tetanus and acellular pertussis</b>			1st dose	2nd dose	3rd dose	4th dose					5th dose						
<b>Haemophilus influenzae type b</b>			1st dose	2nd dose	Ask your provider	3rd or 4th dose. Ask your provider.											
<b>Pneumococcal conjugate</b>			1st dose	2nd dose	3rd dose	4th dose											
<b>Inactivated poliovirus</b>			1st dose	2nd dose	3rd dose						4th dose						
<b>Influenza</b>					Annual vaccination (IIV only) 1 or 2 doses					Annual vaccination (LAIV or IIV) 1 or 2 doses)			Annual vaccination (LAIV or IIV) 1 dose only				
<b>Measles, mumps, rubella</b>					Ask your provider		1st dose					2nd dose					
<b>Varicella</b>					1st dose					2nd dose							
<b>Hepatitis A</b>					2 dose series. Ask your provider.												
<b>Meningococcal</b>			Ask your provider										1st dose		Booster		
<b>Tetanus, diphtheria, and acellular pertussis</b>													(Tdap)				
<b>Human papillomavirus</b>													3 dose series	HPV catch-up			
<b>Meningococcal B</b>													See note 11				
<b>Pneumococcal polysaccharide</b>											Ask your provider						
<b>SCREENING OR TEST</b>																	
<b>Iron check for anemia</b>					Once												
<b>Lead screening</b>											Once before starting kindergarten						
<b>Dental</b>					Start first exam			Every 6 months									
<b>Eye exam (visual check)</b>											First exam						
<b>Fluoride</b>					Start fluoride prescription												

**Vaccine descriptions:** **HepB:** protects against hepatitis B **Rota:** protects against infections caused by rotavirus **DTaP and Tdap:** combined vaccines that protect against diphtheria, tetanus, and pertussis (whooping cough) **Hib:** protects against Haemophilus influenzae Type b **PCV-13:** protects against 13 types of pneumococcal disease (pneumonia) **PPSV:** protects against pneumococcal disease (pneumonia) **Polio:** protects against polio, the vaccine is also

known as IPV Influenza: protects against influenza (flu) **MMR:** protects against measles, mumps, and rubella (German measles) **Varicella:** protects against varicella, also known as chickenpox **HepA:** protects against hepatitis A **MCV4:** protects against meningococcal **HPV vaccine:** protects females and males against human papillomavirus and genital warts



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**[www.adventisthealth.org/portland](http://www.adventisthealth.org/portland)**

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