

TRIANGLE FAMILY CARE, P.A.

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Preventative Healthcare Guidelines

Preventative healthcare is very important in preventing diseases and in detecting others early. Preventative healthcare encompasses tests that are done on healthy people to screen for problems like cancer, high cholesterol, hypertension, etc or procedures to actively prevent disease like vaccination. These recommendations are for patients who have no symptoms, but reach certain milestones. It is one of Triangle Family Care's goals to ensure that our patients remain current on healthcare screenings. Below is a list of age-appropriate screenings for men and women that Triangle Family Care providers recommend:

For EVERYONE:

- DPT (Diphtheria, Pertussis and Tetanus)Vaccine; ages 2, 4, 6 and 15-18 months
- *Haemophilus influenza* type b (Hib)Vaccination, ages 2, 4 and 12-15 months
- Hepatitis A Vaccine, series of 2 vaccinations anytime after 12 months of age
- Hepatitis B Vaccine, series of 3 vaccinations anytime after birth
- Inactivated Poliovirus Vaccination, ages 2, 4, 6-18 months and age 4-6 years
- Influenza Vaccine at age 65 years and annually thereafter (if a patient is at high risk, this can be done anytime after age 6 months or 2 years depending on the vaccine)
- Lipid Profile (Cholesterol), every 1-3 years after age 18 years, earlier if there is a family history
- Meningococcal Vaccine , age 11-12 years of age is optimum, can be as early as age 2 years for certain conditions and can be as late as just-before-entering-college age
- MMR (Measles, Mumps, Rubella vaccine), series of 2 vaccinations, one at age 15 months and the other age 4-6 years is best, but can be done later
- Pneumococcal Conjugate Vaccine (PCV), ages 2, 4, 6 and 12-15 months
- Pneumonia Polyvalent Vaccine (Pneumovax), age 65 years or earlier, if at high risk
- Physical Examination, annually or biannually after age 1 year
- Rotavirus Vaccination, age 2 and 4 months
- Screening Colonoscopy, age 50 years and every 10 years thereafter, sooner if at high risk
- Td or Tdap (Tetanus Booster), age 14-15 years and every 10 years thereafter
- Varicella Vaccine (Chicken Pox), 12-15 months and 4-6 years is optimum, but can be done at any time
- Zostavax (Shingles Vaccine), after age 60 years

For WOMEN/GIRLS:

- Bone Density at menopause and periodically thereafter
- Human Papiloma Virus (HPV) Vaccine (Gardasil) beginning at age 11-26 years
- Mammogram, baseline between age 35-40 years and annually thereafter¹
- Pap Smear/Pelvic Exam, annually or biannually after age 18 years or first intercourse¹

For MEN:

- Digital rectal examination (“prostate check”) annually after age 40 years¹
- PSA blood test annually after age 40 years¹

¹ Standard recommendations under debate by the medical community and subject to change.