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PERIODIC HEALTH SCREENING

The following is a list of preventive services that we recommend to our patients to optimize their overall health. The recommendations are a general guide and you may need more frequent screening.

Blood Pressure	Yearly
Height and Weight	Yearly
Lipid profile (cholesterol)	Every 5 years – sooner if indicated or a strong family history
Colorectal Cancer Screen	At age 50 and periodically per provider recommendation depending on risk factors. Sooner if there is a strong family history.
Mammogram	Yearly after age 40 for women
Pap Smear	Yearly after age 18 or first sexual activity for women
Bone Densitometry	After menopause or at provider’s discretion
Digital Rectal Exam	Yearly after age 40
PSA	Yearly after age 40 for men
Occult blood	Yearly after age 40
Vaccinations:	*Pneumonia – once after age 65 and for high risk patients *Hepatitis – High risk patients *Influenza – Yearly for high risk patients *Tetanus – every 10 years *Gardasil - for Human Papilloma Virus (HPV) – women age 9-26

We also recommend monthly breast and testicular self exams. You should also check your skin on a regular basis to screen for any changes in moles or other skin lesions.

Signature _____ Date _____