

# RECOMMENDED CLINICAL PREVENTIVE SERVICES FOR ADULT WOMEN

Clinical preventive services for adults, based on the AAFP Summary of Recommendations for Clinical Preventive Services



	18	25	30	35	40	45	50	55	60	65	70	75
ACCIDENTAL INJURY	(R)	Counsel as appropriate for age										
ALCOHOL MISUSE	(R)	Screen and counsel behavior to reduce misuse										
BREAST CANCER	(R)	Screen with mammography every 1–2 years after counseling about risks and benefits										
BREASTFEEDING	(R)	Provide structured breastfeeding education and counsel behavior to promote benefits										
	(H)	Recognize that breastfeeding is desirable and provide advice accordingly										
CERVICAL CANCER	(SR)	Screen women who have a cervix and have had sex with Pap smear at least once every 3 years										
CHLAMYDIA	(SR)	Screen sexually active women										
COLORECTAL CANCER	(R)	Screen for colorectal cancer										
CONGENITAL RUBELLA SYNDROME	(R)	Screen by assuring immunity by history, serology, or vaccination										
CORONARY HEART DISEASE	(SR)	Counsel adults at increased risk regarding benefits and risks of aspirin prophylaxis										
DEPRESSION	(R)	Screen for depression										
HEARING DIFFICULTIES	(SR)	Screen for high blood pressure										
HYPERTENSION	(R)	Screen for obesity by measuring height and weight periodically										
LIPID DISORDERS	(R)	Screen with fasting lipid profile or nonfasting total and HDL cholesterol										
OBESITY	(R)	Intensive counseling and behavioral interventions to promote sustained weight loss for obese adults <sup>1</sup>										
OSTEOPOROSIS	(R)	Screen for osteoporosis										
	(R)	Screen women at risk for fractures										
PHYSICAL ACTIVITY	(H)	Recognize that physical activity is desirable and provide advice accordingly										
PREGNANCY	(SR)	Screen pregnant women with urine culture at 12–16 weeks' gestation or first prenatal visit										
BACTERIURIA, ASYMPTOMATIC	(R)	Screen asymptomatic pregnant women										
CHLAMYDIA	(SR)	Screen pregnant women at first prenatal visit										
HEPATITIS B VIRUS INFECTION	(R)	Screen pregnant women										
HIV INFECTION	(R)	Screen asymptomatic pregnant women										
IRON DEFICIENCY ANEMIA	(SR)	Prescribe 0.4–0.8 mg per day of folic acid from 1 month prior to conception through first trimester of pregnancy <sup>2</sup>										
NEURAL TUBE DEFECTS	(SR)	Prescribe 4 mg per day of folic acid from 1 to 3 months prior to conception through first trimester of pregnancy <sup>3</sup>										
	(R)	Prescribe 0.4 mg of folate supplementation <sup>4</sup>										
RH(D) INCOMPATIBILITY	(R)	Rh(D) blood typing and antibody testing for all pregnant women at first prenatal visit										
	(SR)	Repeated antibody testing for all unsensitized Rh(D)-negative women at 24–28 weeks' gestation										
SYPHILIS	(SR)	Screen all pregnant women for syphilis infection										
TOBACCO USE	(SR)	Provide 5–15 minutes of smoking cessation counseling to all pregnant smokers										
SECONDHAND SMOKE	(R)	Counsel parents who smoke regarding harmful effects of smoking on children's health										
STDs	(R)	Counsel regarding the risks for STDs and how to prevent them										
TOBACCO USE	(SR)	Screen for tobacco use and provide tobacco cessation interventions as appropriate										
VIOLENCE, FAMILY AND PARTNER	(H)	Be alert to physical and behavioral signs and symptoms associated with abuse or neglect										
VISUAL DIFFICULTIES	(R)	Screen with Snellen acuity										

## UPPER AGE LIMITS SHOULD BE INDIVIDUALIZED FOR EACH PATIENT

**(SR) Strongly Recommend:** Good quality evidence exists which demonstrates substantial net benefit over harm; the intervention is perceived to be cost effective and acceptable to nearly all patients.

**(R) Recommend:** Although evidence exists which demonstrates net benefit, either the benefit is only moderate in magnitude or the evidence supporting a substantial benefit is only fair. The intervention is perceived to be cost effective and acceptable to most patients.

**(H) Healthy Behavior:** Healthy Behavior is identified as desirable but the effectiveness of physician's advice and counseling is uncertain.

AAFP Age Charts for Clinical Preventive Services are based on the AAFP Summary of Recommendations for Clinical Preventive Services. These charts include only positive recommendations. For negative recommendations, detailed language, and further information, consult the Recommendations. For immunization information, you may also consult the Adult Immunization Schedule. These age charts are provided only as an assistance for physicians making clinical decisions regarding the care of their patients. They cannot substitute for the individual judgment brought to each clinical situation by the patient's family physician. Based on AAFP Policy Action November, 1996; Revision 6.1, April 2006; March 2007.

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### Footnotes

1. Intensive counseling involves more than 1 session per month for at least 3 months
2. To women planning a pregnancy who have not had a previous pregnancy affected by a neural tube defect
3. To women who are planning a pregnancy and had a pregnancy affected by a neural tube defect
4. To women not planning a pregnancy but of childbearing potential who have not had a baby with a neural tube defect