

Adult Preventive Care

Ages 50 and over



Preventive visits are essential for staying healthy. This is a once a year check-up with your health care provider. These visits are important and will include a complete physical exam in which height, weight and blood pressure will be measured. Your health history will be reviewed, as well as your current medications. You will be able to discuss the need for, and frequency of, recommended screenings based on your risk factors. Your provider will also be able to offer counseling advice for getting or staying healthy.

Regular check-ups, the right screening tests, and a healthy lifestyle can help prevent or detect life-threatening chronic diseases such as heart disease, diabetes and cancer.

Recommendations for screening exams for women ages 50+:

- Mammogram (with or without clinical breast exam): Up to age 74: every two years; Age 75 and older: Ask your provider
- Cervical cancer/Pap test screening: Every 3 years, or every five years if combined with HPV testing. Age 65 and older: Ask your provider
- Colorectal cancer screening: fecal occult blood test every year OR: sigmoidoscopy every 5 years with fecal occult blood test every 3 years OR: Colonoscopy every 10 years; after age 76: Ask your provider
- Osteoporosis screening (including bone mineral density test): Ages 50-64: Ask your provider; Recommended 65 and older: Ask your provider regarding frequency

Recommendations for screening exams for men ages 50+:

- Colorectal cancer screening: fecal occult blood test every year OR: sigmoidoscopy every 5 years with fecal occult blood test every 3 years OR: Colonoscopy every 10 years; after age 76: Ask your provider
- Osteoporosis screening (including bone mineral density test): Ask your provider

Immunization schedule

Immunizations continue to be important, no matter what age. Recommended immunizations may include tetanus/diphtheria/pertussis (Tdap), tetanus (Td), influenza (Flu), pneumococcal (pneumonia) and zoster (shingles).

Flu shots are offered each year October 1st- March 31st. Some locations offer flu clinics throughout the season. Flu shots are also available by appointment during these months.

Tdap	If not previously administered
Td	Every 10 years
Flu	Annually
Pneumococcal (PCV13 & PPSV23)	Both vaccines are recommended after age 65 and are given one year apart. Prior to age 65 and high risk, ask your doctor.
Shingles	1 dose after age 60

Please call to make an appointment.

Hancock Family Health Center
Family Practice (906) 483-1060
Pediatrics (906) 483-1700
OB/GYN (906) 483-1050
Houghton Family Health Center (906) 483-1860
Lake Linden Family Health Center (906) 483-1030

Ontonagon Community Health Center (906) 884-4120
Gwinn Family Health Center (906) 346-9275
Sawyer Family Health Center (906) 346-9275
Calumet Family Health Center (906) 483-1177
Ice Lake Family Health Center (906) 265-5378
Menominee Family Health Center (906) 290-5000

