

## Adult Preventive Care Timeline

Age in Years →	18	25	30	35	40	45	50	55	60	65	70	75
<b>▼ HEART HEALTH</b>												
Blood Pressure	<b>Men and Women at least every 2 years</b>											
Cholesterol	Men at risk				Men						Men at risk	
	Women at risk					Women					Women at risk	
Diet	<b>Men and Women with high cholesterol and those at risk for heart disease and diabetes</b>											
Diabetes	<b>Men and Women at risk for heart disease</b>											
Aspirin to prevent heart attack	Men at risk					Men						
	Women at risk						Women					
Abdominal aortic aneurysm											Once for men who have ever smoked	
<b>▼ CANCER</b>												
Breast Cancer						<b>Women every 1 to 2 years</b>						
Cervical Cancer	<b>Women at least every 3 years</b>											
Colorectal cancer							<b>Men and Women</b>					
<b>▼ HEALTH RISKS</b>												
Tobacco use	<b>Men and Women</b>											
Obesity	<b>Men and Women</b>											
Alcohol misuse	<b>Men and Women</b>											

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<b>▼ SEXUAL HEALTH</b>													
Chlamydia	Women	Women at risk											
Gonorrhea	Women	Women at risk											
HIV	Men and Women at risk												
Syphilis	Men and Women at risk												
<b>▼ BONE HEALTH</b>													
Osteoporosis										Women at risk	Women		
<b>▼ OTHER</b>													
Depression	Men and Women												
<b>▼ IMMUNIZATIONS</b>													
Flu	Men and Women at risk									Men and Women, annually			
Pneumonia										Men and Women, once			

These clinical preventive services are recommended by the U.S. Preventive Services Task Force.  
 For additional materials, see [www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov)