

Adult Preventive Care Timeline

The most important things you can do to prevent disease and be healthy are:
Be tobacco free • Be physically active • Eat a healthy diet
 Get the right kinds of preventive health services—screenings, counseling, and preventive medications—
 at the right times. This chart will tell you what you need and when you need it.

Age in Years	18	25	30	35	40	45	50	55	60	65	70	75
HEART HEALTH												
Blood Pressure						Men and women at least every 2 years						Men at risk
Cholesterol					Men at risk				Women			Women at risk
Diet					Women at risk							
Diabetes						Men and women with high cholesterol and those at risk for heart disease and diabetes						
Aspirin to prevent heart attack					Men at risk							Office for men who have used aspirin
Abdominal aortic aneurysm						Men at risk						
CANCER												
Breast cancer						Women at least every 3 years						Plan and screen
Cervical cancer												Plan and screen
HEALTH RISKS												
Tobacco use							Men and women					
Obesity							Men and women					
Alcohol intake							Men and women					
SEXUAL HEALTH												
Chlamydia						Women	Women at risk					
Gonorrhea						Women	Women at risk					
HIV							Men and women at risk					
Syphilis							Men and women at risk					
BONE HEALTH												
Osteoporosis							Men and women					
OTHER												
Depression												Men and women, annually
VACCINATIONS												
Flu							Men and women at risk					
Pneumonia												

Prevention at a Glance— Adult Preventive Care Timeline

The *Adult Preventive Care Timeline*, based on recommendations from the U.S. Preventive Services Task Force, is an at-a-glance reference for which preventive services your patients need, and when.

Hang the handy wall poster in exam rooms, waiting rooms, or anywhere your patients can learn more about preventive health care. It's a perfect conversation starter for talking with your patients about preventive services they need.

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