

Be happy. Stay healthy.

Important Dates to Remember



Immunizations and screenings are easy to forget, yet they are a vital part of leading a healthy life. We hope this handy card with important health maintenance reminders will be helpful to you and your family.



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Health Maintenance for Adults

Women

Cervical Cancer Screening (Pap Smear): Every 3 years for women age 21-29 and every 5 years for women age 30-64. (May differ depending on your situation; consult your provider.)

Dates: _____

Breast Cancer Screening: Mammograms yearly or every other year, beginning at age 40 or 50. (Consult your provider.)

Dates: _____

Osteoporosis Screening: DXA scan once after age 65 or if high risk. (Consult your provider.)

Date: _____

Men

Prostate Cancer Screening: Discuss with your provider.

Abdominal Aneurysm Screening: Ultrasound once between ages 65 and 75 if a history of smoking.

Women and Men

Colon Cancer Screening: *Preferred method*—Colonoscopy every 10 years, beginning at age 50. *Other acceptable methods*—Fecal occult blood test every year AND flexible sigmoidoscopy every 5 years.

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Cholesterol Testing: Beginning at age 20, every 1-5 years.

Dates: _____

Diabetes Screening: Beginning at age 45, every 3 years. (Consult your provider.)

Dates: _____

Immunizations:

- Substitute Tdap (tetanus, diphtheria, pertussis) one time for adults, then tetanus and diphtheria booster (Td) booster every 10 years.

Dates: _____

- Flu shot every year.

Dates: _____

- Zoster (shingles) vaccine once at age 60 or above.

Date: _____

- Pneumococcal (Pneumovax) vaccine at age 65 (earlier if recommended by your provider).

Date: _____

Health Maintenance for Children

Newborn and well-child exams include a variety of health and development screenings, as well as immunizations to keep your kids healthy. We recommend visits at the following ages:

- 2-3 days after discharge
- 14 days
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- Annually after 2 years

Immunization Schedule

Hepatitis B:	Birth, 1 - 4 mo, 6 - 9 mo
Diphtheria, Tetanus, Pertussis (DTaP):	2 mo, 4 mo, 6 mo, 15 - 18 mo, 4 - 6 yrs
Haemophilus Influenzae Type B (Hib):	2 mo, 4mo, 6 mo, 12 - 15 mo
Polio (IPV):	2mo, 4mo, 6 - 18 mo, 4 - 6yrs
Pneumococcal (Prevnar):	2 mo, 4mo, 6 mo, 12 - 15 mo
Rotavirus:	2 mo, 4 mo, 6 mo
Measles/Mumps/Rubella (MMR):	12 - 15 mo, 4 - 6 yrs
Chicken Pox (Varicella):	12 - 18 mo, 4 - 6 yrs
Hepatitis A:	2 doses 6 mo apart after the first birthday
Influenza:	Yearly
Human Papillomavirus (HPV, Gardasil):	9 - 26 yrs, 3-shot series
Meningitis (Menactra):	First dose 11 - 12 yrs, second dose 16 - 17 yrs
Tetanus, Diphtheria, Pertussis (Tdap):	11 - 12 yrs
Anemia and Lead Screening:	9 mo

Notes

A Place to Keep Track of Your Health and Exams

Make notes here about your family's check-up schedules, immunizations and medications, and file in a special place.

Notes

Medications

List all of the medications you're currently taking and indicate which are prescribed.
