

PREVENTIVE MEDICINE AND SCREENING IN OLDER ADULTS: SUMMARY OF RECOMMENDATIONS

[Todd H. Goldberg, M.D.](#)

[Division of Geriatric Medicine, West Virginia Health Sciences Center/CAMC, Charleston, WV](#)

Adapted from: Goldberg TH, Chavin SC. Preventive medicine and screening in older adults. J Am Geriatr Soc 1997;45(3):344-354. Update: J Am Geriatr Soc 1999;47(1):122-123.

URL: <http://wvupc.org/pdf/prevrecs.pdf>

Updated 2008.

<u>Maneuver</u>	<u>Evidence*</u>	<u>Recommendation (Source)</u>	<u>Grade*</u>
<u>SCREENING:**</u>			
Blood pressure	I	Every exam, at least every 1-2 y (USPSTF,AHA)	A
Cholesterol	I	Adults ~ every 5 years (NCEP, ACP, USPSTF)	A
Physician breast exam/breast self-examination	I	Annually >=40 (ACS); USPSTF insufficient evidence to recommend	I
Mammogram	I	Every 1-2 yrs >=40 (ACS,USPSTF); Continue q1-3 yrs 70--85 (AGS)***	B; C>69
Pelvic exam / Pap smear	I	Every 1-3 years after 2-3 neg. annual exams; can then decrease or D/C after age 65-70 (ACS, USPSTF,CTF,AGS)***	A; C>65
Colorectal CA screening with FOBT, sigmoidoscopy, colonoscopy or BE	II ◇	FOBT annually, and/or sigmoidoscopy q5 yrs >= 50 or BEq5y OR colonoscopy q10y (ACS/Gastro, USPSTF) ◇	◇>A ◇
AAA	I	One time US for men 65-75 who have ever smoked (USPSTF)	B
Depression	III	Periodically in adults (USPSTF)	B
Test/inquire for hearing impairment	III	Periodically in older adults (Various)	C
Mouth, nodes, testes, skin, heart, lung exams	III	Annually (ACS,AHA) (USPSTF "I")	C
Glucose	III	Periodic in high-risk groups (USPSTF); every 3y starting at 45 (ADA)	C
Thyroid function (TSH)	III	TSH q 5y for women >= 50 (ACP, USPSTF)	C
Electrocardiogram	III	Periodically >=40-50 (AHA)	C
Vision/Glaucoma screening	III	Periodically by eye specialist >=65 (USPSTF)	C
Mental/functional status	III	As needed; be alert for decline (USPSTF)	C
Osteoporosis	III	Periodically in post-menopausal women, men >70 (USPSTF/NOF)***	B
Prostate exam/PSA	III	Annually >= 50 if >10 yr life	C

		expectancy (ACS, AUA); Insuff. Evidence/NR (USPSTF, ACP)	I
Chest x-ray	III	NR/as needed (ACS,USPSTF)	D
<u>PROPHYLAXIS/COUNSELING</u>			
Exercise:	I-II	Encourage aerobic and resistance exercise (AHA, USPSTF "I")	A
Influenza vaccine:	I-II	Annually >=50 or chronically ill (ACP,USPSTF)	B
Pneumococcal vaccine:	I-II	23-valent at least once >= 65 (ACP,USPSTF)	B
Tetanus-diphtheria vaccine:	I-II	Primary series then booster every 10 yrs (ACP,USPSTF)	A
Calcium, Vit D, bisphosphonates for osteoporosis; estrogens not rec. for prevention of chronic illness.	II	Postmenopausal women (Various)	B D
Aspirin:	I-II	Discuss with adults at increased risk of CHD, 80-325 mg qD/OD (Various)	A

Legend:

NR = Not recommended for routine prevention/screening in asymptomatic individuals, though may be useful when clinically indicated.

*Grades of evidence, USPSTF/CTF system:

I = Evidence from randomized trials

II = Evidence from non-randomized or retrospective studies

III = Expert opinions or other considerations.

3rd USPSTF (2002+) classifies evidence simply as Good, Fair, or Poor.

Classifications of recommendations:

A= Good evidence to support recommendation

B= Fair evidence to support recommendation

C= Poor evidence but recommendations may be made based on expert opinion or other policy considerations

D= Fair evidence to reject recommendation

E= Good evidence to reject recommendation.

I = Insufficient evidence to recommend for or against (Added by 3rd USPSTF 2002+)

**Screening recommendations for asymptomatic individuals; specific clinical circumstances may necessitate different testing and treatment schedules. Screening for occult disease may not be necessary/appropriate for the oldest old (over approx. 85) and others with limited quality & quantity of life.

***Medicare now covers screening for breast, cervical, prostate CA and osteoporosis based on the Balanced Budget Act of 1997.

References:

ACP: American College of Physicians Task Force on Adult Immunization. Guide for adult immunization, 3rd edition., 1994; American College of Physicians guidelines for using serum cholesterol, high-density lipoprotein cholesterol, and triglycerides as screening tests for the prevention of coronary heart disease in adults. Ann Intern Med 1996;124:515-517.; American College of Physicians. Screening for prostate cancer. Ann Int Med 1997;126:480-4. American College of Physicians. Screening for thyroid disease. Ann Int Med 1998;129:144-158.

ACS: Smith RA et al. Cancer screening in the United States 2007: a review of current guidelines, practices and prospects. CA Cancer J Clin 2007; Available online at <http://caonline.amcancersoc.org/misc/guidelines.shtml>.

ADA: American Diabetes Association. Report of Expert Committee on the Diagnosis and Classification of Diabetes Mellitus. Diabetes Care 1997;20:1183-1197. Available online at: <http://www.diabetes.org/>.

AGS: Clinical Practice Committee, American Geriatrics Society. Breast cancer screening in older women. JAGS 2000;48:842-844. Screening for cervical carcinoma in elderly women. JAGS 2001;49:655-657. AGS guidelines available online at: <http://www.americangeriatrics.org/>.

AHA: Grundy SM, Greenland P, Herd A, et al. Cardiovascular and risk factor evaluation of healthy American adults: a statement for physicians by an ad hoc committee appointed by the American Heart Association. Circulation 1987;75:1340A-1362A. Latest guidelines on prevention of cardiovascular disorders available online at: <http://www.heart.org/>.

AUA: American Urological Association. Prostate-specific antigen (PSA) best practice policy. Oncology 2000;14:267-286. AUA guidelines available online at: http://www.auanet.org/publications/best_practice/index.cfm.

CTF: Canadian Task Force on the Periodic Health Examination. Clinicians guide to preventive healthcare. Canadian Government Publishing, 1994. Available online at: <http://www.ctfphc.org/>.

Gastro: Winawer SJ, et al. Colorectal cancer screening and surveillance: clinical guidelines and rationale -- update based on new evidence. Gastroenterol 2003;124:544-560. Available online at: <http://www.gastro.org/>. Levin B et al. Screening and surveillance for early detection of colorectal cancer and adenomatous polyps, 2008: Joint guideline from the American Cancer Society, the US Multi-Society Task Force on Colorectal Cancer, and the American College of Radiology. CA Cancer J Clin 2008; Available online at <http://caonline.amcancersoc.org/misc/guidelines.shtml>.

NCEP: ATP III Report of the National Cholesterol Education Program Adult Treatment Panel III. JAMA 2001;285:2486. Available online at: <http://www.nhlbi.nih.gov/guidelines/cholesterol/index.html>.

NOF: National Osteoporosis Foundation, <http://www.nof.org/>.

USPSTF: U.S. Preventive Services Task Force. Guide to clinical preventive services. Baltimore: Williams and Wilkins, 1989; 2nd ed., 1996; 3rd ed., 2005+. Recommendations and updates available online at: <http://www.ahrq.gov/clinic/uspstfix.htm>.

All guidelines are also available at <http://www.guideline.gov/>.

(c) Todd H. Goldberg, M.D, 2008