Only grade A/B recommendations are	shown															
Age	18	21	24	25	35	40	45	50	55	59	65	70	74	75	80	
JSPSTF screening recommendations																
Alcohol misuse <sup>1</sup>	(B)															
Depression <sup>2</sup>	(B)															
Hypertension <sup>3</sup>	(A)															
Obesity <sup>4</sup>	(B)															
Tobacco use and cessation <sup>5</sup>	(A)															
HIV infection <sup>6</sup>	(A)	(A)											at incre	ased ri	<u>isk</u>	
Hepatitis B virus infection <sup>7</sup>	(B) <u>if</u>	(B) if at increased risk														
Syphilis <sup>8</sup>	(A) <u>if</u>	(A) if at increased risk														
uberculosis <sup>9</sup>	(B) <u>if</u>	(B) if at increased risk														
BRCA gene screening <sup>10</sup>	(B) <b>if</b>	(B) if appropriate family history														
Chlamydia and gonorrhea <sup>11</sup>	(B) if s	exually	active	(B) <b>if</b>	at incre	eased ri	sk									
ntimate partner violence <sup>12</sup>	(B) ch	ildbeari	ng-aged	wome	n											
Cervical cancer <sup>13</sup>						or every			)							
Abnormal glucose/diabetes <sup>14</sup>						(B) if c	overwei	ght or o	bese							
Hepatitis C virus infection15	(B) <u>if</u>	at high	risk					(B) bir	th years	1945-1	1965		(B) <u>if</u> a	at high	risk	
Colorectal cancer <sup>16</sup>								(A)								
Breast cancer <sup>17</sup>								(B) biennial screening								
ung cancer <sup>18</sup>			(B) if 30 pack-years and current or former smoker (quit in past 15 years)													
Osteoporosis <sup>19</sup>		(B) if ≥ 9.3% 10-year (B) fracture risk														
Abdominal aortic aneurysm <sup>20</sup>											(B) if a	ın "ever	smoke	۲"		
JSPSTF preventive therapies recommo	endations	I									. ,					
Primary prevention of breast cancer <sup>21</sup>		at incre	eased r	i <b>sk</b> and	only aft	ter share	ad decis	ion mak	ring							
folic acid supplementation <sup>22</sup>		(B) <u>if at increased risk</u> and only after shared decision making  (A) if capable of conceiving														
itatins for primary prevention of CVD <sup>23</sup>	(/-(/ 11 -	Сарабіс	(B) see crite					a on n	5							
Aspirin for primary prevention		(b) see citteria							(B) if ≥ 10% 10-							
of CVD and colorectal cancer <sup>24</sup>									CVD ri							
all prevention in community-dwelling older adults <sup>25</sup>												ercise in eased fa	terventi II risk	ons if a	t	
JSPSTF counseling recommendations																
Sexually transmitted infection prevention <sup>2</sup>	6 (B) <b>if</b>	(B) if at increased risk														
Diet/activity for CVD prevention <sup>27</sup>		(B) if overweight or obese and with additional CVD risk														
5kin cancer prevention <sup>28</sup>		(B) if fair skinned														
				1	1			1			I		1			
egend	Normal ris	Iormal risk			With specific risk factor				Recommendation grades							
ecommendation for men and women ecommendation for men only ecommendation for women only							D Recommended again									

# **BONUS DIGITAL CONTENT**

#### **HIV RISK FACTORS**

IV drug use Men who have sex with men

Other STI

Requesting STI testing Sex exchanged for drugs or money

Sex with individuals who are IV drug users, bisexual, or HIV positive

Unprotected sex, including

anal intercourse

HIV = human immunodeficiency virus; IV = intravenous; STI = sexually transmitted infection.

# **CHLAMYDIA AND GONORRHEA RISK FACTORS**

New or multiple sex partners Other STI, including history of STI

Partner with STI Partners who have multiple

sex partners

Sex exchanged for drugs or

money

Sexually active adolescents

Unprotected sex or

inconsistent condom use

STI = sexually transmitted infection.

## **HEPATITIS B INFECTION RISK FACTORS**

Human immunodeficiency virus infection Infected sex partner Intravenous drug use Living with an infected

individual

Men who have sex with men Origin from regions\* with prevalence ≥ 2%

U.S.-born children of immigrants from regions\* with prevalence ≥ 8%, if unvaccinated

# SYPHILIS RISK FACTORS

High-risk sexual behaviors Incarceration Local prevalence

Men who have sex with men Sex exchanged for money for

drugs

# **TUBERCULOSIS RISK FACTORS**

Health professionals\* Homelessness, including former Immunosuppression\*

Prisoners, including former Residents of high-risk regions, including former

# CARDIOVASCULAR DISEASE RISK FACTORS

Diabetes mellitus Metabolic syndrome

Dyslipidemia Obesity Family history Tobacco use

Hypertension

#### **HEPATITIS C INFECTION RISK FACTORS**

Blood transfusion before 1992 Chronic hemodialysis High-risk sexual behaviors

Incarceration

Intravenous or intranasal drug use Maternal infection (concern for vertical transmission) Unregulated tattoo

# **BREAST CANCER RISK FACTORS**

Consider use of a risk-assessment model for patients with a history of biopsy or positive family history

# SEXUALLY TRANSMITTED INFECTION RISK FACTORS

Similar to those risk factors listed previously for sexually transmitted infections; consider local and population-based prevalence in individual risk assessment

# **BRCA MUTATION RISK FACTORS**

Family history of breast cancer:

Bilateral

Diagnosed before 50 years of age

Diagnosed in multiple family members

In one or more male family members

With a family history of ovarian cancer

Family member with two BRCA-related cancers

NOTE: Consider use of validated risk assessment tools to identify patients with pertinent family history.

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<sup>\*—</sup>Risk of regions can be found at http://www.cdc.gov/mmwr/ preview/mmwrhtml/rr5708a1.htm.

<sup>\*—</sup>Evidence for screening not reviewed by the USPSTF because this is standard practice in public health and standard of care for patients with immunosuppression, respectively.

#### Adult Preventive Health Care Schedule: Recommendations from the USPSTF

# Grade A/B Recommendations (with Associated Grade C/D/I Recommendations):

#### Alcohol misuse screening1 (UIP)

(B) Screen adults and provide brief behavioral interventions for risky alcohol use

#### Depression screening<sup>2</sup>

(B) Screen adults with systems for evaluation and management

#### Hypertension screening<sup>3</sup>

(A) Screen adults; exclude white coat hypertension before starting therapy

#### Obesity screening4 (UIP)

(B) Screen adults and offer or refer patients with body mass index ≥ 30 kg per m² to intensive behavioral interventions

#### Tobacco use screening<sup>5</sup> (UIP)

- (A) Screen adults and provide behavioral and U.S. Food and Drug Administration–approved intervention therapy for cessation
- (I) IETRFOA electronic nicotine delivery systems for tobacco cessation

#### Human immunodeficiency virus screening<sup>6</sup> (UIP)

- (A) Screen individuals 15 to 65 years of age
- (A) Screen older and younger persons who are at increased risk

#### Hepatitis B virus infection screening<sup>7</sup>

(B) Screen adolescents and adults at high risk

#### Syphilis screening<sup>8</sup>

(A) Screen individuals at increased risk

#### Tuberculosis screening9

(B) Screen individuals at increased risk

## BRCA screening<sup>10</sup> (UIP)

- (B) Screen women with appropriate family history
- (D) Recommend against screening patients without appropriate family history

### Chlamydia and gonorrhea screening<sup>11</sup>

- (B) Screen sexually active women 24 years and younger, and women at increased risk who are 25 years and older
- (I) IETRFOA screening sexually active males

# Intimate partner violence screening<sup>12</sup> (UIP)

- (B) Screen women of childbearing age and refer to appropriate services
- (I) IETRFOA screening all vulnerable and elderly patients for abuse or neglect

# Cervical cancer screening<sup>13</sup> (UIP)

- (A) Screen women 21 to 65 years of age
  - Papanicolaou smear every three years
  - Women 30 to 65 years of age may increase screening interval to five years with cytology and human papillomavirus cotesting
- (D) Recommend against screening in women
  - Age 20 years and younger
  - Older than 65 years if adequately screened previously and no increased risk of cervical cancer
  - With hysterectomy (including cervix) without history of cervical intraepithelial neoplasia grade 2 or 3 or cervical cancer
  - Younger than 30 years with human papillomavirus testing alone or in combination with cytology

### Abnormal glucose and diabetes mellitus type 2 screening<sup>14</sup>

(B) Screen overweight or obese adults 40 to 70 years of age and refer patients with abnormal glucose levels for intensive counseling for healthy diet and exercise

#### Hepatitis C virus infection screening<sup>15</sup> (UIP)

- (B) Offer one-time screening of patients born between 1945 and 1965
- (B) Screen high-risk patients

# Colorectal cancer screening<sup>16</sup>

- (A) Screen patients 50 to 75 years of age with fecal occult blood (or immunochemical) test, sigmoidoscopy, colonoscopy, computed tomography colonography, or multitargeted stool DNA test
- (C) Recommend against routine screening of patients 76 to 85 years of age

#### Breast cancer screening<sup>17</sup>

- (B) Biennial screening mammography in women 50 to 74 years of age
- (C) Screening is an individualized decision for women 40 to 49 years of age
- (I) IETRFOA
  - Mammography after 75 years of age
  - Screening with digital breast tomosynthesis
  - Adjunctive screening in women with dense breast tissue and negative screening mammogram

#### Lung cancer screening<sup>18</sup> (UIP)

(B) Screen annually with low-dose computed tomography for individuals 55 to 80 years of age with a 30 pack-year history who currently smoke or quit within the past 15 years; consider overall health in decision to screen

#### Osteoporosis screening<sup>19</sup> (UIP)

- (B) Screen women 65 years and older
- (B) Screen women if fracture risk equal to that of a 65-year-old white woman without other risk factors (9.3% in 10 years by U.S. FRAX [Fracture Risk Assessment] tool)
- (I) IETRFOA screening men

#### Abdominal aortic aneurysm screening<sup>20</sup> (UIP)

- (B) Screen men 65 to 75 years of age who ever smoked (100 or greater lifetime cigarettes) with one-time abdominal aortic aneurysm ultrasonography
- (C) Recommend selective screening of never-smoking men 65 to 75 years of age
- (I) IETRFOA women 65 to 75 years of age who ever smoked
- (D) Recommend against routine screening in never-smoking women 65 to 75 years of age

#### Primary prevention of breast cancer<sup>21</sup> (UIP)

- (B) Recommend shared decision making for medications (such as tamoxifen and raloxifene) that reduce risk of breast cancer in women at increased risk
- (D) Recommend against routine use if no increased risk

#### Folic acid supplementation<sup>22</sup>

(A) 0.4 to 0.8 mg daily for women capable of conception

continues

CHD = coronary heart disease; CVD = cardiovascular disease; IETRFOA = insufficient evidence to recommend for or against; UIP = update in progress; USPSTF = U.S. Preventive Services Task Force.

#### Adult Preventive Health Care Schedule: Recommendations from the USPSTF (continued)

# Grade A/B Recommendations (with Associated Grade C/D/I Recommendations): (continued)

#### Statins for primary prevention of CVD<sup>23</sup>

- (B) Recommend low- to moderate-dose statin therapy in patients meeting all three criteria:
  - (1) 40 to 75 years of age
  - (2) Dyslipidemia, diabetes, hypertension, or smoker
  - (3) 10-year CVD risk of 10% or greater
- (C) Consider low- to moderate-dose statin therapy in appropriate candidates meeting the first two criteria but with a 10-year CVD risk of 7.5% to 10%
- (I) IETRFOA initiating statin therapy after 75 years of age for primary prevention

#### Aspirin for primary prevention of CVD and colorectal cancer<sup>24</sup>

- (B) Recommend low-dose aspirin for patients 50 to 59 years of age with a 10-year CVD risk of 10% or greater, appropriate bleeding risk, and life expectancy of at least 10 years
- (C) Recommend individualized decision making for patients 60 to 69 years of age who meet the same criteria
- (I) IETRFOA low-dose aspirin for patients younger than 50 years or 70 years or older

#### Fall prevention in community-dwelling older adults<sup>25</sup>

- (B) Recommend exercise interventions for individuals 65 years and older at increased risk of falls
- (C) Recommend multifactorial interventions for appropriate individuals 65 years and older; see Clinical Considerations in original recommendation statement for patient selection
- (D) Recommend against vitamin D supplementation for fall prevention

#### Counseling to prevent sexually transmitted infection<sup>26</sup> (UIP)

(B) Recommend counseling to prevent sexually transmitted infection for adolescents and adults at increased risk

### Counseling to promote healthy diet and physical activity<sup>27</sup>

(B) Recommend that overweight or obese patients with other CVD risk factor(s) be offered or referred for intensive behavioral counseling

# Counseling for skin cancer prevention<sup>28</sup>

- (B) Recommend counseling fair-skinned patients six months to 24 years of age about minimizing ultraviolet light exposure
- (C) Recommend selectively counseling fair-skinned patients older than 24 years about minimizing exposure to UV radiation
- (I) IETRFOA counseling adults about skin self-examination

## Grade C Recommendations:

Physical activity and healthy diet counseling to reduce cardiovascular risk in adults without obesity or known CVD risk factors<sup>29</sup>

Prostate cancer screening with prostate-specific antigen in men 55 to 69 years of age after shared decision making<sup>30</sup>

#### **Grade D Recommendations:**

Bacteriuria (asymptomatic) screening in men and nonpregnant women<sup>31</sup> (UIP) Beta carotene or vitamin E supplementation for CVD or cancer risk reduction<sup>32</sup>

Carotid artery stenosis screening<sup>33</sup>

CHD screening with resting or exercise electrocardiography in low-risk patients<sup>34</sup> (UIP)

Chronic obstructive pulmonary disease screening with spirometry 35

Combined estrogen-progesterone for prevention of chronic conditions or estrogen for the same in patients with hysterectomy  $^{36}$ 

Genital herpes screening<sup>37</sup>

Ovarian cancer screening<sup>38</sup>

Pancreatic cancer screening<sup>39</sup> (UIP)

Prostate cancer screening with prostate-specific antigen for men 70 years and  ${\rm older^{30}}$ 

Testicular cancer screening<sup>40</sup>

Thyroid cancer screening<sup>41</sup>

Vitamin D ( $\leq$  400 IU) and calcium ( $\leq$  1,000 mg) supplementation daily for primary prevention of fracture in postmenopausal women<sup>42</sup>

#### **Grade I Statements:**

Bladder cancer screening<sup>43</sup>

Celiac disease screening44

CHD screening with nontraditional risk factors<sup>45</sup> (UIP)

CHD screening with resting or exercise electrocardiography in intermediate-to high-risk patients  $^{34}$  (UIP)

Chronic kidney disease screening<sup>46</sup>

Cognitive impairment screening in older adults<sup>47</sup> (UIP)

Gynecologic condition screening with pelvic examination<sup>48</sup>

Hearing loss screening in older adults<sup>49</sup>

Illicit drug use screening<sup>50</sup> (UIP)

Impaired visual acuity screening in older adults<sup>51</sup>

Multivitamin, single nutrient, or paired nutrients for CVD or cancer risk reduction (beta carotene and vitamin E, as above) $^{32}$ 

Obstructive sleep apnea screening<sup>52</sup>

Oral cancer screening53

Peripheral artery disease and CVD risk screening with ankle-brachial index<sup>54</sup> (UIP)

Primary open-angle glaucoma screening<sup>55</sup>

Primary prevention of fractures with vitamin D and calcium supplementation (alone or combined; dose unspecified) in men or premenopausal women, and in postmenopausal women with daily dosages > 400 IU of vitamin D and > 1,000 mg of calcium<sup>42</sup>

Skin cancer screening<sup>56</sup>

Suicide risk screening<sup>57</sup>

Thyroid dysfunction screening<sup>58</sup>

Vitamin D deficiency screening in community-dwelling nonpregnant adults<sup>59</sup>

CHD = coronary heart disease; CVD = cardiovascular disease; IETRFOA = insufficient evidence to recommend for or against; UIP = update in progress; USPSTF = U.S. Preventive Services Task Force.

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#### Adult Preventive Health Care Schedule: Recommendations from the USPSTF (continued)

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# **BONUS DIGITAL CONTENT**

#### Adult Preventive Health Care Schedule: Recommendations from the USPSTF (continued)

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