

Preventive Medicine Recommendations for Medicare Patients:

- **Counseling:**

Smoking & Tobacco Dangers & Cessation: - If currently smoking: Then definitely need to try and entirely stop all smoking to help reduce chance of Heart Attacks, Strokes, Emphysema, and Multiple Cancers. Even just 2-3 cigarettes a day increases risk for heart attacks & strokes. Websites with FREE Resources to Help Quit Smoking: www.smokefree.gov provides free access to lots of resources for quitting smoking including ones oriented to different age groups, www.tobaccofreeflorida.com provides free access to other types of resources to quit smoking including free Quit Coaches and some free Nicotine replacement products.

Annual Physical Recommended - And Labs to check lipids & blood sugar recommended to be done annually, and a "Medicare Annual Wellness Visit".

Alcohol and drugs counseling: - Recommended maximum daily intake of alcohol is 2-3 drinks per day for men and 1-2 drinks per day for women on a regular basis (1 drink = 1 beer or 1 glass of wine). Alcohol misuse includes risky or hazardous and harmful drinking that puts individuals at risk for future problems. RISKY or HAZARDOUS DRINKING is defined by the United States Preventive Services Task Force as "MORE THAN 7 STANDARD DRINKS PER WEEK OR MORE THAN 3 DRINKS PER OCCASION FOR ANYONE OVER 65 YEARS OLD". Lower limits are recommended for patients taking medication that may interact with alcohol or who are performing activities that require attention, skill, or coordination, such as driving or operating heavy machinery or someone who has a medical condition that may be worsened by alcohol use. Harmful drinking is defined as anyone that is currently experiencing physical, social, or psychological harm from alcohol use but doesn't meet the criteria for dependence. Alcohol dependence can be defined as at least three of the following: tolerance; withdrawal symptoms; impaired control; preoccupation with acquisition or use; persistent desire or unsuccessful efforts to quit; sustains social, occupational, or recreational disability; used continually despite adverse conditions..

Diet: - BMI management provided: weight loss encouraged if overweight and especially if any history of Diabetes or Pre-Diabetes or High Cholesterol

Exercise: - Mild Exercise recommended on a daily basis: Yes even if just a long walk around the neighborhood or just a stationary bike while watching TV

Multivitamin daily - recommended to be taken, such as Centrum Silver, but Costco Kirkland Brand Multivitamin is excellent quality (if a Costco member).

- **Immunizations:**

Tetanus/Pertussis Vaccine Recommended - for prevention of Tetanus & Whooping Cough through pharmacy plan if not already received within the past 5-10 years.

Pneumococcal Vaccine Recommended - for prevention of Bronchitis & Pneumonia with the Pneumovax (or Pneumococcal-23 vaccine) after age 65. And, as of 2015 it is recommended for some people to get a one time immunization with the Prevnar brand Pneumococcal-13 vaccine which is better at some strains of Pneumonia bacteria not covered as well by the Pneumovax Pneumococcal-23 vaccine which we have used for many years. These need to be given one year or more apart for Medicare to cover the cost of these.

Influenza Vaccine Recommended - Every Fall in October or November.

Shingles Vaccine Recommended for Shingles prevention - through pharmacy plan if not already received.

• **Screening / Special Tests:**

Mammogram Recommended for cancer screening - Annually for all women over 40, but the benefit of this after 75 years of age is not well established. The American College of Obstetricians and Gynecologists recommends that women 75 years of age and older should consult with their physician to decide whether to continue mammogram screening.

Pap Smear / Full GYN Exam Recommended for cancer screening - covered by Medicare every 2 years for women until 70 years of age unless they had a hysterectomy with their ovaries removed, BUT a Pap Smear & Pelvic Exam is no longer recommended by the American College of Obstetricians & Gynecologists for low risk women over 64 years of age.

Colonoscopy Recommended for colon cancer screening - every 10 years for low risk people w/ past testing all normal, but every 5 years for high risk people, and stool testing on the in-between years is covered by insurance too, and stool testing for blood in the stool is covered by insurance too for the in-between years.

PSA Recommended for cancer screening - annually up through age 70. A digital rectal exam for prostate cancer screening is considered optional based on patient preference, and is no longer recommended as a routine examination by any medical society.

Dexascan Recommended for osteoporosis screening - every 5-10 years for routine screening in women unless under close observation for Osteoporosis or Pre-Osteoporosis issues. For men- just a one time screen after age 70 unless at high risk for Osteoporosis in which case it should be done sooner.

Glaucoma Screening with full Eye Exam - recommended annually.

Abdominal Aortic Aneurysm Screening - A one-time screening for abdominal aortic aneurysm (AAA) by ultrasonography is recommended in men aged 65 to 75 who have ever smoked, And men who are either siblings or offspring of patients with AAAs should undergo ultrasound screening for the detection of aortic aneurysms.