

Senior Checkup Checklist

At Sharp Rees-Stealy we put your health on the top of our priority list. Use this list as a reference when working with your doctor to plan your health care needs, and check the box at left when the test, exam or vaccination is completed. It's always important to review your medical history with your doctor. While this list is a helpful tool, there may be additional tests you need based on family history and your individual health status.

2011	2012	Test/Exam/Vaccination	Gender	Age	Frequency
		Influenza Vaccine	M/F	6 months and older	Yearly in the fall
		Pneumococcal Vaccine	M/F	65 and older	Once only after age 65
		Tetanus, Diphtheria and Pertussis (Tdap) Vaccine	M/F	Adults	Needed once if never received
		Tetanus and Diphtheria (Td) Vaccine	M/F	Adults	Every 10 years
		Zostavax Vaccine	M/F	60 and older	One dose only
		Mammogram	F	40-50	Discuss with your doctor
				50-75	Every 1 to 2 years
		Pap Test	F	Until age 65	Every 3 years
		Prostate Cancer Screening	M	50-70	Discuss with your doctor
		Colorectal Cancer Screening <ul style="list-style-type: none"> • Stool Tests • Sigmoidoscopy • Colonoscopy 	M/F	50-75	Talk to your doctor about which screening method is best for you <ul style="list-style-type: none"> • Yearly • Every 5 years • Every 10 years
		Glaucoma Screening	M/F	65 and older	Discuss with your doctor
		Cholesterol Screening	M/F	Variable	Discuss with your doctor
		Hearing Screening	M/F	65 and older	Discuss with your doctor
		Visual Acuity	M/F	65 and older	Discuss with your doctor
		Osteoporosis Testing	M/F	65	Discuss with your doctor
Other Health Maintenance Items					
		Advanced Care Planning	M/F	65 and older	Once and as needed
		Annual Primary Care Doctor Visit: review your health status and preventive care needs	M/F	65 and older	Yearly