The Preventive Care Checklist
Ages 60+

Mount Sinai

Vaccine or Screening	Frequency	Male	Female
Vaccines			
Flu Shot	Annually	✓	✓
Tetanus Booster	Every 10 years	✓	✓
Whooping Cough (Tdap Booster)	Once in adulthood, unless vaccinated as teenager	✓	✓
Shingles 2-Dose Series	Once in adulthood	✓	✓
Pneumonia	Once in adulthood	✓	✓
Screenings Specific recommendations may differ for transgender or gender diverse people. Please consult your provider.			
Cholesterol	Every 4-6 years	✓	✓
Hepatitis C Virus (HCV) Infection	At least once in adulthood	✓	✓
Hepatitis B	At least one using a triple panel test	✓	✓
HIV	At least once in adulthood until 64 years of age	✓	✓
Testicular Cancer*	Regular self-exams and annual clinical exams or as deemed appropriate by a provider	✓	
Prostate Cancer*	Shared decision-making for prostate-specific antigen (PSA) tests is recommended for adults ages 55-69	✓	
Depression	Annually	✓	✓
Blood Pressure	Every 2 years (minimum)	✓	✓
Clinical Breast Exam*	Every 1-3 years		✓
Cervical Cancer*	Every 3 years		✓
Type 2 Diabetes	Every 3 years	✓	✓
Breast Cancer*	Every 2 years until 74 years of age		✓
Colonoscopy*	Every 10 years	✓	✓
Low-Dose Computed Tomography (LDCT) Lung Cancer*	Recommended annually for adults ages 50-80 who have a 20-pack/year smoking history and currently smoke or have quit within the past 15 years**	✓	✓
Osteoporosis	Every 2-3 years	✓	✓
Pancreatic Cancer*	Annually, if BRCA*** is known and positive	✓	✓

Most cancer screening guidelines change in context of family history, known genetic mutations or other independent risk factors and should be discussed with your primary care physician.

**Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.*

***According to the CDC, BRCA 1 and BRCA 2 are the genes most commonly affected in hereditary breast and ovarian cancer. About 3% of breast cancers (about 7,500 women per year) and 10% of ovarian cancers (about 2,000 women per year) result from inherited mutations in the BRCA1 and BRCA2 genes.*