

Annual pulmonary function tests after age 45 in smokers who have smoked 1/2-1 pack/day for 10-20 years.

An ear exam for wax impaction at any age.

Immunizations, as per the current schedule for infants, children, and adults.

Age 12 months and age 5 years: a hemoglobin and a hematocrit level for anemia, along with a lead level.

Age 4-5 years old: a urinalysis to screen for bacteria in the urine.

Tuberculosis screening as required in schools and in high risk individuals. Many schools require students and teachers to get a tuberculosis skin test annually.

Age 11-12: a tetanus booster. Adults should have a tetanus booster every 10 years. Tetanus boosters are no longer in short supply. In 2001 and part of 2002, tetanus prophylaxis was only available in emergency rooms. The supply has now reached a level where you may receive a tetanus booster in the arm at The Country Doctor.

Annual flu shots for people with asthma and anyone over age 65, along with health care workers.

A pneumovax to help prevent pneumonia for anyone with asthma or for people who are 65 or older. This is given every 5 years.

Hepatitis B immunization to all healthcare workers and children. The adolescent dose is a two series set, and the adult dose is a 3 dose series set.

Hepatitis A immunizations are recommended for many food handling people and travelers to foreign countries, including Mexico. This is a two dose series set.

An annual pap smear and well woman exam for women on contraception and/or for women who are sexually active. After three normal pap smears and if the woman has the same partner for at least 3 years, then the pap smear can be done every two years. The thin prep is the current pap smear style, and it gives us better results than the old fashioned pap smear.

Breast self exams should be performed monthly by all women from teens onward. Age 40 is the first year that a mammogram is recommended, unless the breast exam demonstrates a lump or mass or unless a person has a strong family history of breast cancer. Age 35 is the recommended age for mammograms for high risk women.

Testicular self exams start in the late teens to late 30s.

A prostate exam at age 40 for people who have a family history of prostate cancer or for African American males. Age 50 is the general time for males to start getting a prostate exam.

Please visit our web page at WWW.COUNTRYDOCTORLTD.COM for additional health information.