

Prevention and Aging Table

Very healthy patients may shift one column to the left, sick patients may shift one column to the right.

	Young-old (65 - 74)	Old-old (75 - 84)	Oldest-old (85 +)
Lifestyle (diet, exercise, weight, health habits)	++++	++++	++++
Shots (pneumovax, flu)	++++	++++	++++
Cancer Screening			
Colon	++++	++	0
Breast	++++	+++	0 - +
Cervix	0 - +	0 - +	0
Prostate (men)	++	0 - +	0
Osteoporosis (women)	++++	++++	++++
Hypertension	++++	+++	+
Cholesterol	+++	++	0 - +
Vision/Hearing	++++	++++	++++
Syndromes (depression, dementia, fall risk, ADL)	++	+++	++++

Ratings	
0	Not recommended
+	Weak evidence or some professional support for inclusion
++	Intermediate evidence or professional support for inclusion
+++	Intermediate evidence and professional support for inclusion
++++	Strong evidence and support for inclusion