



Prevention In Practice (PIP) Report- Guidelines for Adults Age 50 and Over



No. Key	"10 Keys"™ to Healthy Aging	Center for Aging and Population Health Prevention Research Center health goals	How to talk to your doctor about your health	If action required ✓ box
1	Lower Systolic Blood Pressure	Under 130 mmHg (Best under 120 mmHg) Know your number; check & record regularly	What is my blood pressure reading? I need help to lower my blood pressure.	
2	Stop Smoking	No Tobacco Use	I need help to stop smoking.	
3	Participate In Cancer Screening	Prostate Specific Antigen (PSA) (In consultation with your physician)	I am concerned about prostate cancer. Should I have a PSA test?	
		Mammogram (test every 2 years)	I need a prescription for my mammogram.	
		Pap test & pelvic exam (test every 1 - 5 years)	I need a Pap test and pelvic exam.	
	Colon	Colonoscopy (test every 10 years)	I am concerned about colon cancer. I need a prescription for a colonoscopy.	
4	Get Immunized Regularly	Flu shot (yearly), Pneumonia (Pneumococcal) Vaccine)	I need a flu shot. Am I up to date on my pneumonia shots?	
5	Regulate Blood Glucose	Under 100 mg/dl fasting Know your number, take action if necessary	Do I have diabetes? Help me to get m blood glucose <100 mg/dl.	
6	Lower LDL Cholesterol	Under 100 mg/dl Know your number, take action if necessary	What is my LDL cholesterol level? I need help getting my LDL <100 mg/dl.	
7	Be Physically Active	Moderate activity at least two and a half hours per week	I am having difficulty being active because: _____	
8	Maintain Healthy Bones, Joints & Muscles	Get a bone density test (women); follow up if needed. Avoid injury Maintain a healthy weight	I am concerned about my height loss. Should I have a bone density test? I am concerned about falling. I am concerned about my weight.	
9	Maintain Social Contact	Participate in conversation or activities with others at least once a week	I don't interact with anyone.	
10	Combat Depression	Maintain good mental health	I feel sad most of the time. Can we discuss treatment options?	