



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Adult Preventive Services \(Age ≥ 50\)](#)

Released: March 2019

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

Personalized recommendations:

To offer any patient, for age, gender and risk factor-based recommendations, see [Electronic Preventive Services Selector](#).

Health Assessment, History & Counseling

A well-planned annual visit is one way to accomplish the recommended screening and counseling:

- Height, weight and Body Mass Index (BMI); risk evaluation and counseling for obesity (BMI ≥ 30), tobacco use, opioid and alcohol misuse, and medication review. Provide behavioral interventions for tobacco users and those demonstrating risky alcohol use or risky sexual behaviors. All adults benefit from optimized diet and physical activity. *See individual MQIC guidelines on tobacco control, substance use disorder, and overweight and obesity in the adult.*

Breast cancer

- The current evidence is insufficient to assess the additional benefits and harms of: digital tomosynthesis, or other adjunctive screening in women with dense breasts and negative screening mammogram.

Prostate cancer

- Utilize shared decision making.

Preventive Therapies:

Breast Cancer

- For women at increased risk, use shared decision making to consider primary prevention for therapies like tamoxifen and raloxifene. No routine use without increased risk.

Dyslipidemia

- Recommend low- to moderate-dose statin therapy for primary prevention in people with all three: a) age 40-75, b) DM, HTN, tobacco use, or dyslipidemia, and c) 10-year CVD risk > 10%. Consider low- to moderate-dose if CVD risk is 7.5-10%. *See individual MQIC guideline on lipids.*

Immunizations (consult ACIP website for up-to-date recommendations and vaccine indications):

Zoster

- Age ≥ 50: 2-dose series RZV 2-6 months apart regardless of previous zoster or ZVL. Age > 60 one dose of ZVL if not previously vaccinated. RZV (recombinant) preferred over ZVL (live).