SPECIAL CONSIDERATIONS

IMMUNIZATIONS | Hepatitis A and Hepatitis B immunizations are recommended for adults with bleeding disorders. Flu shots every year. Pneumonia shot once after age 65. Tetanus every ten years.

DIABETES MELLITUS | Screen adults with sustained blood pressure >135/80 or hyperlipidemia.

OSTEOPOROSIS | Lower body weight (< 70 kg) is the best predictor of low bone mineral density. Calcium and Vitamin D supplements are recommended if not otherwise contraindicated. Our data suggests patients with hemophilia are at an increased risk for osteopenia/osteoporosis especially if they have added risk factors of significant joint arthropathy, Hepatitis C and/or HIV, or decreased activity related to hemophilic arthropathy. Screening may be indicated for males with bleeding disorders. Contact your HTC.

OBESITY
Body mass index (BMI) is simply weight adjusted for height and is the recommended method to screen for obesity. Increased BMI is associated with an increase in adverse health effects. Persons with a BMI between 25 and 29.9 are overweight and those with a BMI of 30 and above are obese.

BMI calculator at www.nhlbisupport.com/bmi/.

Table may be found at www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm.

Regular physical activity helps prevent cardiovascular disease, hypertension, type 2 diabetes, obesity, cancer, and osteoporosis. It may also decrease all-cause morbidity and lengthen life-span.


RESOURCES

National Cancer Institute (NCI) www.nci.nih.gov
National Osteoporosis Foundation www.nof.org
American Cancer Society (ACS) www.cancer.org
Nurses Health Study www.nurseshealthstudy.org
American Diabetes Association www.diabetes.org
Centers for Disease Control and Prevention (CDC) www.cdc.gov

American Heart Association (AHA) www.heart.org
Hepatitis C Support Project www.hcvadvocate.org
Medline Health Information www.medlineplus.gov
Men’s Health Network www.menshealthnetwork.org
American Urological Association (AUA) www.auanet.org

Derived from 2008 recommendations of the U.S. Preventive Services Task Force (USPSTF) unless otherwise indicated. Developed by nurses of Region VIII & X.