



# GET TESTED

A guide for PLWH and providers to ensure that certain tests are completed

San Diego HIV Community Consortium

CONDITION Some conditions have dietary recommendations. Check with your nutritionist.	DO YOU HAVE THIS CONDITION?	FREQUENCY (Highlight in red if recommendation is different for PLWH versus general population recommendation)	LAST TESTED Or reason not tested
<b>Diabetes</b> Look for frequent urination, fatigue, slow healing wounds, frequent infections, blurred vision, Numbness or tingling in hands and feet, dry mouth, Itch velvety patches on skin.		<b>Yearly or with these symptoms:</b> increased thirst, dry mouth, frequent urination, increased hunger, fatigue, blurry vision, slow healing sores and cuts, unexplained weight loss, Check blood glucose	
<b>High Cholesterol</b> Usually doesn't cause noticeable symptoms.		<b>Yearly at least</b> Check blood lipid panel (Statin therapy recommended by DHHS, ACC and AAHIVM at 5% 10 yr cad risk, vs 7.5% for gen pop).	
<b>High Blood Pressure</b> Often no symptoms until dangerously high. Ask to check your blood pressure every medical visit.		<b>Yearly at least, or with these symptoms</b> Severe headaches, nosebleeds fatigue, anxiety, vision problems, chest pain, difficulty breathing, irregular heartbeat, blood in urine.	
<b>Kidney Disease (Chronic Kidney Disease - CKD)</b> Symptoms can be subtle and absent in early stages, but with progression may include fatigue, swelling in hands and feet, changes in urination, shortness of breath, metallic taste in mouth.		<b>Every 6 - 12 months or with these symptoms:</b> Changes in urination frequency or volume, foamy or bubbly urine, blood in urine dry and itchy skin, puffy eyes, swollen ankles and feet, poor appetite, muscle cramping. Check blood and urine.	
<b>Osteoporosis</b> No symptoms in early stages. With progression these symptoms may appear: Fractures, loss of height, stooped posture, brittle nails, hearing loss, weak grip strength, hip pain, bruises easily, fatigue.		<b>Age 50+ or with these symptoms:</b> Loss of height, stooped posture recurring back pain, weakened grip strength, receding gums, brittle fingernails, Get Bone Density Test (DEXA) Vs at older age for non-HIV	
<b>Anal/Cervical Cancer</b> Look for red blood on toilet paper or in stool, changes in bowel habits, anal pain or discomfort, lump or growth near anus, anal discharge (mucus, blood, pus,) thin stools, swollen lymph nodes		<b>Yearly</b> (anal for men and women) For life for PLWH (vs can stop at certain age for some people)	
<b>Liver Cancer</b> There may be no symptoms in early stages. Look for abdominal pain or swelling, jaundice, unexplained weight loss, fatigue		<b>Every 6-12 months for</b> individuals with chronic hepatitis B or C co-infection and/or cirrhosis.	
<b>COPD/Emphysema</b> COPD is characterized by chronic bronchitis and increased mucus production.		Screening for COPD/emphysema based on symptoms (e.g., cough, shortness of breath) and may involve spirometry as needed.	
<b>Lung Cancer</b> Lung cancer and COPD (including emphysema) share common symptoms like shortness of breath and coughing.		<b>Annual low-dose CT scan for adults aged 50-80 years who have</b> a 20-pack year smoking history & currently smoke or quit 15 years ago or more. <b>Calculation:</b> Pack-years = (packs per day) × (years smoked) <ul style="list-style-type: none"> <li>Someone who smoked 1 pack/day for 20 years = 20 pack-years</li> </ul>	

Lung cancer can also cause chest pain, coughing up blood, and unexplained weight loss. Early detection of lung cancer is crucial-- symptoms often don't appear until later stages		<ul style="list-style-type: none"> <li>Someone who smoked 2 packs/day for 10 years = 20 pack-years (same total exposure)</li> <li>Someone who smoked half a pack/day for 40 years = 20 pack-years</li> </ul>	
<b>Breast Cancer</b> New lump, thickening in the breast or armpit, changes in breast size/shape, skin changes like dimpling/redness, nipple discharge or inversion.		<b>Monthly self-exams.</b> <b>Annual mammograms trans and cis-women starting at age 40</b> , depending on individual risk factors, family history.	
<b>AAA Screening</b> Abdominal Aortic Aneurysm		<b>Once age 65 (Medicare GL) , age 50 if smoker (Vascular Surgeon Society)</b>	
<b>Colon Cancer</b> Changes in bowel habits, rectal bleeding, abdominal discomfort, unexplained weight loss, fatigue.		<b>Begin age 45 (or earlier if increased risk).</b> Colonoscopy is typically recommended every 5 years if normal. More frequent screening may be needed based on family history or previous findings.	
<b>Prostate Cancer</b> Early stage, often no symptoms, but can include frequent urination, especially at night, difficulty starting or stopping or , weak urine flow, and bladder doesn't completely empty.		<b>Discuss with your doctor starting at age 40-45</b> , depending on risk factors (e.g., family history, African ancestry). Frequency will depend on initial PSA levels and risk factors. Get PSA	
<b>Frailty</b> decreased physical reserve, increased vulnerability to stressors. Watch for unintentional weight loss, exhaustion, slow walking speed, weak grip strength, poor balance, falls.		<b>Start age 50 for PLWH (EASC, (NYSDOH) AI/AIDS Institute, CNICS))</b> <b>Yearly for non-HIV Adults over 65 when these conditions are present.</b> Self-reported exhaustion. <ul style="list-style-type: none"> <li>Decreased grip strength</li> <li>Unintentional weight loss &gt; 4.5 kg in a year</li> <li>Slow walking speed.</li> </ul>	
<b>Cognitive Impairment</b> Forgetting things, difficulty following conversations, trouble finding the right words or completing tasks.		<b>Memory test yearly and if you have:</b> <ul style="list-style-type: none"> <li>memory problems</li> <li>difficulty with language</li> <li>changes in judgment or decision-making</li> </ul>	
<b>Psychological Disorders</b> Trouble thinking, feeling, mood, behavior.		Yearly, & as needed. Screen for anxiety, depression, PTSD, eating disorders, psychosis	
<b>STI testing (Sexually transmitted infections)</b>		At initial HIV diagnosis, and every 3 months if at risk (and Hepatitis C)	

VACCINATIONS (Pre-2025 CDC Recommendations)		
VACCINATION	FREQUENCY	LAST VACCINATED
Flu Vaccine	Annually	
Tdap–	Every 10 years <b>Tetanus, diphtheria, pertussis (whooping cough)</b>	
MMR – Measles, mumps, rubella	For all adults born after 1957 NEED CD4>200	
Hepatitis B -	Once	
Pneumococcus	Pneumovax(PVS23) twice 5 yrs apart. Ask about PCV 20 or 21. These are recommended at initial diagnosis, and not by age, as in non HIV.	
Covid 19	Annually	
Shingles (Shingrix)	Once (New version approved 2017)	
Chickenpox (Varicella)	Two doses 8 weeks apart for adults who do not have evidence of immunity NEED CD4>200	
HPV	Three doses over 6-12 months.] New version 2014)	
RSV	Once <b>age&gt;50 for PLWH</b> , vs age >75 for non-HIV	
Polio	Once	
Meningococcus	Two doses 8 weeks apart, then every 5 years	
Travel Vaccines	By country: <a href="http://wwwnc.cdc.gov/travel/destinations/list">wwwnc.cdc.gov/travel/destinations/list</a>	
MPox	All PLWH who anticipate having, exposure to mpox	