**Preventive Care Software**

**Problem Elevator pitch**

Preventive care saves lives and money. Do you know what preventive care you need? Are you due to have your cholesterol checked? Should you be screened for hepatitis C? Or lung cancer? I’m an experienced primary care doctor who teaches at Harvard Medical School and I can’t remember all of the 30+ recommended things a patient might need when they come to see me.

And unfortunately, current electronic medical records do not provide adequate decision support tools either. Personalized medicine does not need to wait for the next hyped "omics" revolution. Better and more personalized care can start today by making sure that everyone gets all of the effective preventive care that they need.

We will provide tools to help patients and their doctor identify and track the scientifically proven screening tests they should receive. We will create tools that use Blue Button to aggregate and share data between different systems of care. I already have the logic and a prototype sketched out and I am looking for engineers, designers and experienced entrepreneurs to help me get this built and in the hands of our first customers ASAP.

Screening tests and preventive treatments:

screen for chlamydia

All women 24 and younger and all persons with multiple partners.

screen for gonorrhea

All women 24 and younger and all persons with multiple partners.

screen for syphilis

All men who have sex with men and are not monogamous.

screen for diabetes

All adults over 45.

Earlier if they have BMI>25 and:

first degree relative with diabetes

habitual inactivity

gestational diabetes

hypertension

hyperlipidemia

screen for osteoporosis

All women 65 and older.

After menopause if they had:

a previous fracture

glucocorticoid therapy

parental history of hip fracture

low body weight

current cigarette smoking

drinking more than 14 drinks per week

rheumatoid arthritis

hypogonadism

early menopause

malabsorption

celiac disease

chronic liver disease

inflammatory bowel disease

screen for cholesterol

all men and women >20 every 5 years

recommend mammography

if female, mammogram if age >40 and <70

check BP

all men and women should have this measured every 3 years

measure BMI

all men and women every 3 years

consider aspirin

all women >55

all men >45

perform a pap smear

women every 3 years ages 21-30 if they had a normal pap

women every 5 years if >30 and had normal pap and also had HPV testing

screen for colon cancer

men and women >50

40 or 10 years earlier than parent or sibling diagnosed with colon cancer or polyps

*people screened at age 50 can have either a colonoscopy every 10 years or fecal immunofluorescent testing every year*

assess smoking

ask all users - encourage all to quit

assess for alcohol abuse

ask all - encourage women who have >2 drink per night or >5 drinks on occasions or men who have >3 drinks per night or >5 drinks on occasions to cut back

screen for hemochromatosis

all men and women if they have a family history

consider screening for prostate cancer

if they are male >50 and <75 or if they have a father or brother with prostate cancer then they should discuss the pros and cons of screening

screen for hepatitis C

If birthdate is between 1/1/45-12/31/65

screen for HIV

All men and women should be offered

screen for hepatitis B

If place of birth is Africa or Asia or if they are a man who has sex with men (or men and women) then screen for hep b

consider screening for lung cancer

If men or women have a 30 pack year smoking history and quit <15 years ago then discuss lung cancer screening with CT scans

screen for abdominal aortic aneurysms

men 65-75 for 1x screening who ever smoked

men 65-75 with 1st degree relative who had AAA repair or died of AAA rupture

Vaccines:

offer influenza

all adults every year

offer TDaP

every 10 years

offer varicella

2 doses if no history of chicken pox or born after 1980

offer HPV

all women <26

all men <21 and men who have sex with men <26

offer zoster

all men and women >60

offer pneumovax - 23

all men and women >65 and >5 years after previous vaccination

and at any time earlier if they have:

chronic obstructive pulmonary disease

asthma

chronic cardiovascular disease

diabetes mellitus

chronic renal failure

nephrotic syndrome

chronic liver disease (including cirrhosis)

alcoholism

cochlear implants

cerebrospinal fluid leaks

immunocompromising conditions (taking prednisone, organ transplant)

sickle cell disease

hemoglobinopathies

splenectomy

sickle cell disease

residents of nursing homes or long-term care facilities

adults who smoke cigarettes

HIV

cancer about to undergo chemotherapy

One-time revaccination 5 years after the first dose is recommended for persons aged 19 through 64 years with:

chronic renal failure

nephrotic syndrome

sickle cell disease

splenectomy

immunocompromising conditions

offer pneumococcal vaccine 13

adults aged 19 years or older with:

immunocompromising conditions

including chronic renal failure

nephrotic syndrome

splenectomy

sickle cell disease

CSF leaks

cochlear implants

*People due for pneumococcal vaccine 13 and 23 should receive PPSV13 first and then PCV23 8 weeks later. Adults who received PPSV23 should receive a dose of PCV13 one or more years after the last PPSV23 dose was received.*

offer meningococcal vaccine (2 doses)

sickle cell disease

splenectomy

persistent complement deficiencies

HIV

first-year college students living in residence halls

offer MMR vaccine

all adults born >1957

offer hepatitis A

offer to all

*and especially to:*men who have sex with men

illicit drug users

people with chronic liver disease

people who receive clotting factor concentrates

offer hepatitis B people not in a monogamous relationship

injection-drug users

men who have sex with men

workers exposed to blood diabetics

people with end-stage renal disease

HIV

chronic liver disease