

STAR IN YOUR OWN SCREEN TEST



Are you ready to take the leading role in your own healthcare? Get started today and Star in Your Own Screen Test to achieve award-winning health. Create a script for your own healthy life story by scheduling regular check-ups, preventive screenings, and immunizations. Co-star with your doctor to ensure you get a standing ovation for your health by raising any questions or concerns you may have. Your life depends on it.

Routine care and health assessments can help lower our health risks, including ones that may be hereditary. Mammograms, blood pressure, colon, and pap tests allow for early detection and the possibility for more treatment options. You may need certain screen tests earlier, or more often than others, depending on your personal risk factors.

Scroll down and check out the chart on page 2 of this e-mail to see when you should schedule your screenings.

What you Need – When you Need it

Protect yourself and your family by setting an example and scheduling an appointment TODAY. Don't improvise. Remind friends and family that prevention is the key to a healthy life. Keep track of your screenings by using the chart below:

| Decade | 20's | 30's | 40's | 50's | 60's | 70's |
|---|------|------|------|------|------|------|
| Skin | | | | | | |
| Mole and overall skin exam | ■ | ■ | ■ | ■ | ■ | ■ |
| Self-exam of all moles | ■ | ■ | ■ | ■ | ■ | ■ |
| Heart | | | | | | |
| Cholesterol panel (LDL, HDL and triglycerides) | ■ | ■ | ■ | ■ | ■ | ■ |
| Blood pressure | ■ | ■ | ■ | ■ | ■ | ■ |
| Breast | | | | | | |
| Mammogram | | | ■ | ■ | ■ | ■ |
| Reproductive | | | | | | |
| Internal exam with Pap test (including STD screening) | ■ | ■ | ■ | ■ | ■ | ■ |
| Human papillomavirus vaccine (HPV) up to age 26 | | | | | | |
| Bones | | | | | | |
| Bone density test | | | ■ | ■ | ■ | ■ |
| Colorectal | | | | | | |
| Fecal occult blood test | | | | ■ | ■ | ■ |
| Rectal exam | | | | ■ | ■ | ■ |
| Sigmoidoscopy | | | | ■ | ■ | ■ |
| Colonoscopy | | | | ■ | ■ | ■ |
| Eyes, Ears and Teeth | | | | | | |
| Vision exam | ■ | ■ | ■ | ■ | ■ | ■ |
| Hearing exam | | ■ | ■ | ■ | ■ | ■ |
| Dental visits for exam and cleaning | ■ | ■ | ■ | ■ | ■ | ■ |
| Immunizations | | | | | | |
| Tetanus | ■ | ■ | ■ | ■ | ■ | ■ |
| Influenza | | | | ■ | ■ | ■ |
| Pneumococcal | | | | ■ | ■ | ■ |
| Herpes zoster vaccine | | | | | ■ | ■ |
| Meningococcal vaccine | ■ | | | | | |
| Thyroid test (TSH) | | ■ | ■ | ■ | ■ | ■ |
| Diabetes check | | | | | | |
| Fasting blood glucose | | | ■ | ■ | ■ | ■ |

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|---|--|
| ■ | Baseline-every 3 years |
| ■ | Every 3 years |
| ■ | Every year |
| ■ | Monthly self-exam of all moles |
| ■ | Every 2 years |
| ■ | Every 1-2 years |
| ■ | Every 1-3 years |
| ■ | Discuss with your healthcare provider |
| ■ | Every 5-10 years |
| ■ | Every 5 years if not having colonoscopy |
| ■ | Every 10 years |
| ■ | Baseline vision exam |
| ■ | 2 times in this decade |
| ■ | Every 2-4 years |
| ■ | Every 6 months |
| ■ | One time |
| ■ | Discuss with your healthcare provider if attending college |
| ■ | Starting at age 35 then every 5 years |
| ■ | Every 5 years |

Need a doctor?

Visit SaintVincentHealth.com and click on Find a Physician or call Saint Vincent Ask-A-Nurse at 452-5500.

Sources: American Cancer Society, Spirit of Women, womenshealth.gov, WebMD