

Healthy Screening



Many chronic diseases can be serious. The good news is that there are a lot of tests to help health care providers and patients find out early whether there is a problem. Finding out about a health problem early is important because early treatment means you will have the best chance of staying as healthy as possible.

Use the chart below to discuss with your doctor or other health care provider what tests you might need to catch any early signs of a chronic disease.

	Every Year	Every 2 Years	Every 3 Years	Every 5 Years	Every 10 Years
Everyone	Oral Exam	Blood pressure test		Cholesterol (blood test)	Hearing test (after age 18)
	Mental health exam	Eye exam		AHA (after age 20)	Colonoscopy (after age 50)
	Sexually transmitted diseases (blood test and physical exam, if sexually active)			Rectal exam (after age 50 if not having colonoscopy)	
Men	Prostate exam (after age 50)		Diabetes test	Double contrast barium enema (after age 50)	
	Fecal occult blood test (after age 50)				
Women	Breast mammogram or x-ray (after age 40)	Bone density test	Clinical breast exam (ages 20-39)	Thyroid test (after age 35)	
	Pap test and pelvic exam (after age 21, if sexually active)	Diabetes test			

Source: Screening Tests and Immunizations Guidelines for Women and Men. Available at www.womenshealth.gov.

Also, don't forget to check yourself regularly for signs of a problem:

- For Everyone – Monthly skin self exam
- For Men – Monthly testicular self exam
- For Women – Monthly breast self exam

Ask your doctor or other health care provider for guidance on how to perform any of these self checkups. Instructions can also be found at the National Institute for Health's Web site (www.nih.gov).



Need that extra push?

If you let friends and family in on your health and fitness kick, you are more likely to stick to your plan.

- Set up gym, walking, running, or biking “dates” with a friend.
- Keep family members or friends in the loop about your fitness goals.
- Ask the people you care about—and who care about you—for encouragement.

Can't remember the last time you exercised?

People who go from a sedentary lifestyle to one which includes moderate amounts of physical activity benefit most from exercise. So what are you waiting for? No matter what you do, it's important that you start out slowly if you have been inactive for a long period of time. A good way to measure whether you are working too hard is if you are unable to carry on a conversation. If you can't talk—slow down your walk!

Don't think you have time to exercise?

Break up your exercise into smaller segments of time—perhaps, 15 minutes of brisk walking in the morning and 20 minutes of gardening or another physical activity in the evening. Keeping a daily activity record might help you to remember your daily workout.

Remember, any amount of exercise is better than none at all!

Even if you only have a few minutes of free time, challenge yourself to do something active every day. Take the stairs. Walk around the block. Do some jumping jacks. Just do something!



To learn more, visit
www.caaccess.org