

Know Your Numbers Month

HEALTHY TIP SHEET - AUGUST



Get Smart about Screenings

A helpful way to reduce your risk for serious illness is to get preventive screenings as recommended for your age and gender. Screening tests and preventive exams can help identify health problems early, while they are still treatable. The following are some recommended screenings. As always, consult with your physician on your age-and gender-appropriate screenings.

- › **Cholesterol check** – this test should be done at least every 5 years, starting at age 35. If you smoke, are diabetic or have a family history of heart disease, start at age 20.
- › **Blood sugar or glucose check** – this test should be done regularly as advised by your doctor. Schedule it right away if you have high blood pressure, high cholesterol or are obese.
- › **Blood pressure reading** – if your blood pressure reading is at a healthy range (less than 120/80), have this checked at least every 2 years.
- › **Colorectal cancer test** – this screening should begin at age 50, or sooner if you have a family history or your doctor recommends an earlier screening.
- › **Depression screening** – consult your doctor if you feel down, sad or hopeless for more than 2 weeks.
- › **Dental exam** – visit your dentist for a cleaning and exam twice per year or as recommended by your dentist.
- › **Eye exam** – have your vision checked every 2 to 4 years after the age of 40 and a glaucoma test every 1 to 4 years, or as recommended by your physician.
- › **Hearing test** – adults should have a hearing test done at least every decade until age 50, with more frequent testing after that age.
- › **Bone density** – done at age 65 unless you have risk factors such as smoking, history of fractures, etc.
- › **Prostate cancer screening** – guidelines are yearly for men at high risk over the age of 40 and yearly for all men 50 years and older.
- › **Mammogram** – women should have this screening done every 1 to 2 years starting at age 40 or sooner if family history is present.
- › **Pap smear** – women should have this screening done every 1 to 3 years ages 21 or older.

Want More Information?

Visit www.BlueHealthAdvantageNE.com for additional health and wellness information and to take the Monthly Health Challenge – Get Preventive Exams.

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.