

Recommended Health Exams and Screenings

WOMEN

- Weight, BMI and Waist Measurement – Yearly*
- Blood Pressure—Age 18 every 1-2 years*
- Breast Exam—Age 20+ every 1-2 years*
- Mammogram—Age 40-74 every 1-2 years*
- Pelvic Exam/Pap Test—Age 21-70 every 1-3 years
- Diabetes—Age 45 every 3 years*
- Cholesterol—LDL and HDL Age 45+ every 5 years*
- Colorectal Exams—Age 50-75 every 5-10 years*
- Skin Exam—Self check monthly, Age 20 – every 3 years*—Age 40 every year*
- Dental—1-2 times every year*
- Eye Exam – Age 20 - 40 initial exam*—Age 40 every 2-4

***Check with your health care provider for recommendation based on your age, health and medical history.**

MEN

- Weight, BMI and Waist Measurement – Yearly*
- Blood Pressure—every 1-2 years*
- Diabetes—Age 45 every 3 years*
- Cholesterol/Lipid Panel—Age 35+ every 5 years*
- Colorectal Screening—Age 50-75 every 5 years or as needed*
- Prostate PSA—Age 50-75 – Discuss with health care provider*
- Dental—1-2 times every year*
- Vision/Glaucoma—Every 2-4 years*
- Skin Exam—Every 1-3 years*

***Check with your health care provider for recommendation based on your age, health and medical history.**

References

Why should I go to the doctor?

- <http://www.everydayhealth.com/healthy-living/getting-regular-checkups.aspx>
- <https://www.nlm.nih.gov/medlineplus/ency/article/007465.htm>

Health screening and exams:

- <http://www.cdc.gov/family/checkup/>
- <http://www.womens-health-advice.com/screenings.html#chart>
- <http://www.idph.state.il.us/menshealth/screening.htm>
- <http://www.choosemyplate.gov/physical-activity-why>

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Take a Loved One To the Doctor



Take a Loved One to the Doctor is a campaign encouraging people to take charge of their own health and then to encourage their loved ones to do the same. The message is all about prevention and letting people know that going to the doctor, being active and eating right are necessary for a longer, happier and healthier life.

The goal of the Take a Loved One to the Doctor is to encourage families and others to join together to promote good health in our communities by taking a loved one for a health screening, making and keeping an appointment to see a licensed physician or other health care provider. Attend health events, or help a friend, neighbor or family member do the same during the month of September and throughout the year. To find out if a physician is licensed go to:

<https://www.flhealthsource.gov/>

Prevention and treatment will help to combat preventable diseases among Floridians.

Participating in these health activities, starts with a decision.
We must each take charge of our own health.



Why You Should Go, or Take Someone to the Doctor?

You see a doctor regularly because investing the time in your physical body is the most precious gift that you can ever give yourself or a family member. No one knows just how long they will live and many of us don't know what type of illnesses we are predisposed to, but a doctor can find out. Knowing that you are healthy is also a great way to boost energy and breathe new life into each and every day.

By planning annual exams and check-ups it is much easier to stay aware of the state of your health. By getting routine blood work for things like diabetes, hypertension, high cholesterol and other common diseases, you are more equipped to deal with them in a timely manner. The benefit of having annual doctor visits, provides you with early diagnosis and treatment of existing health problems and prevention of future problems.



Take a family member, neighbor or friend to their yearly doctor visit.

You Should... Maintain a Healthy Weight

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. If you are overweight or obese, you are at a higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. That is why maintaining a healthy weight is so important.

Be Physically Active

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

Being physically active can help you:

- Burn calories to help you lose or maintain weight.
- Strengthen your heart and improves your blood circulation.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain and associated disability.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.

Know Your Family Health History

A family medical history can identify people with a higher-than-usual chance of having common disorders, such as heart disease, high blood pressure, stroke, certain cancers, and diabetes. These complex disorders are influenced by a combination of genetic factors, environmental conditions, and lifestyle choices. A family history can also provide information about the risk of rarer conditions caused by mutations in a single gene, such as cystic fibrosis and sickle cell anemia.

Knowing one's family medical history allows one to take steps to reduce his or her risk. Additionally, lifestyle changes such as adopting a healthier diet, getting regular exercise, and quitting smoking help many people lower chances of developing heart disease and other common illnesses.

September is also Sickle Cell Disease Month!

Sickle Cell Disease (SCD) is a genetic condition that is present at birth. In SCD, the red blood cells become hard and sticky and look like a C-shaped farm tool called a "sickle." The sickle cells die early, which causes a constant shortage of red blood cells. Also, when they travel through small blood vessels, they get stuck and clog the blood flow. This can cause pain and other serious problems. It is inherited when a child receives two sickle cell genes—one from each parent. A person with SCD can pass the disease or Sickle Cell Trait (SCT) on to his or her children.

Sickle Cell Trait is not a disease, but having it means that a person has inherited the sickle cell gene from one of his or her parents. People with SCT usually do not have any of the symptoms of SCD and live a normal life.

Why is it important to know your Sickle Cell Status?

- SCD is an inherited disease. One which is passed from parents to their children through their genes.
- Most people with SCT do not have any symptoms of SCD, although in very rare cases people with SCT might experience health complications.

Do you know your or your child's Sickle Cell Status?

- All babies born in the United States after 2006 were tested for SCD as a part of the newborn screen.
- If you were born before 2006 and your status is unknown.
 - Contact your primary care physician about testing.
 - You may also contact the Sickle Cell Disease Association of American at (800) 421-8543 or visit their website at www.sicklecelldisease.org to find testing locations in your community.