

# A HEALTHY HABIT: SCREENING RECOMMENDATIONS



# FEMALE SCREENINGS

- **If you are 18 years or older, have your health care provider check the following:**
- **Blood Pressure** - Make sure that your health care provider takes your blood pressure. If your blood pressure is high, ask your doctor for ways to reduce it. High blood pressure increases the risk for heart disease, stroke and kidney disease.
- **Cholesterol** - It is important your provider checks cholesterol levels at least once every 5 years. If you have diabetes, get your cholesterol checked every year. If results show your cholesterol is high, ask your doctor for ways you can get it under control.



# FEMALE SCREENING CONTINUED...

- **Dental Checkup** - It is important to have an oral examination every six months so that your dentist can check for tooth decay and gum disease as well as make appropriate recommendations to help assure good oral health.
- **Skin Cancer** - The American Cancer Society recommends a skin cancer examination every year. It's also important for you to check your own skin once a month. You should know the pattern of moles, blemishes, freckles, and other marks on your skin so that you'll notice any changes. Checking yourself is best done in front of a full-length mirror. A hand-held mirror can be used for areas that are hard to see. Don't forget to check the bottom of your feet and the palms of your hands!



# FEMALE SCREENING CONTINUED...

- **Gynecologic Health and Cervical Cancer Screening-**

All women who are sexually active should have an annual pelvic examination. Women not sexually active should have their first exam at age 21 or sooner if any gynecologic symptoms. Your health care provider will discuss with you whether and when a PAP test is appropriate.



## **Breast Cancer-**

Between the ages of 20 and 39 years, women should have a clinical breast examination by a health care provider every 3 years and conduct a breast self-exam monthly.



# FEMALE SCREENING CONTINUED...

- **Sexually Transmitted Infection (STI) Tests-**

Women who are sexually active or have new or multiple sexual partners should be screened for STIs. Screening involves discussing with your health care provider your risk for certain infections. If screening reveals increased risk, certain tests, e.g. for HIV, Chlamydia and others, may be recommended.



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# MALE SCREENINGS CONTINUED...

- **Testicular Exam-** Monthly self-examinations should be performed along with an exam by your health care provider as a part of a general check up. These exams are performed in order to find testicular cancer in its early stages when it is potentially curable.
- **Sexually Transmitted Infection (STI) Tests-**  
Men who are sexually active or have new or multiple sexual partners should be screened for STIs. Screening involves discussing with your health care provider your risk for certain infections. If screening reveals increased risk, certain tests, e.g. for HIV, Chlamydia and others, may be recommended.



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