



**IT'S TIME
TO TAKE
CARE OF
YOUR
HEALTH!**

Thrive



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Health screenings are vital to maintaining good health. Unfortunately, some health issues can go unnoticed for long periods. While they may not cause any pain at the time, these underlying health conditions can potentially wreak havoc on our bodies over time. Screenings help doctors find those abnormalities so we can work on healing them. Everyone deserves to be healthy, and screenings help make that possible.

To make it easy on you, this month we have put together a checklist. Below are lists of health screenings recommended for you by age and gender. Simply find where you belong, schedule an appointment, and ask your doctor to check these out. Of course, you should always be aware of your family history and take extra precautions for diseases that run in your family.

JULY TOOLKIT-2021



WOMEN

20^s

- » Physical screening for diabetes, blood pressure, cholesterol blood test and urine sample every year.
- » HPV vaccine if between the ages of 19 and 26 (distributed at local CVS).
- » Begin receiving Pap test every three years.
- » STD/STI testing.
- » Annual clinical breast exam.

30^s

- » Physical screening for diabetes, blood pressure, cholesterol, blood test and urine sample every year.
- » Continue Pap test every three years or the HPV test every five years.
- » STD/STI testing.
- » Annual clinical breast exam.

40^s

- » Physical screening for diabetes, blood pressure, cholesterol, blood test and urine sample every year.
- » Continue Pap test every three years or the HPV test every five years.
- » STD/STI testing.
- » Annual mammogram.

50+

- » Physical screening for diabetes, blood pressure, cholesterol, blood test and urine sample every year.
- » Annual mammogram.
- » Continue Pap test every three years or the HPV test every five years.
- » STD/STI testing.
- » Colorectal cancer screening (colonoscopy) every 10 years.
- » Bone density screening every 5-10 years.



MEN

20^s

- » Physical screening for diabetes, blood pressure, cholesterol, blood test and urine sample every year.
- » Self-performed testicular exam regularly.
- » STD/STI testing.

30^s

- » Physical screening for diabetes, blood pressure, cholesterol, blood test and urine sample every year.
- » Add rectal exam and EKG annually.
- » Testicular exam once a year.
- » STD/STI testing.

40^s

- » Physical screening for diabetes, blood pressure, cholesterol, blood test and urine sample every year.

- » Add rectal exam, EKG, prostate specific antigen screening and hemocult test all annually.
- » Chest X-ray and testosterone screening every 10 years.
- » STD/STI testing.

50+

- » Physical screening for diabetes, blood pressure, cholesterol, blood test and urine sample every year.
- » Add rectal exam, EKG, prostate specific antigen screening, and hemocult test all annually.
- » Chest X-ray and testosterone screening every 10 years.
- » STD/STI testing.
- » Bone density screening every 5-10 years.



EVERYONE

- » Eye exam every 2-4 years or 1-3 years as you age and your eyesight diminishes.
- » Checkup and cleaning at the dentist twice a year.
- » Flu shot during flu season every year.
- » Tetanus booster every 10 years.
- » Talk to your doctor about other health-related matters like depression, diet and exercise or alcohol use.
- » Watch your skin for abnormalities and know the early signs of skin cancer.
- » TB skin test every five years.

These are recommendations based on the patterns of specific diseases with age. However, you should always mention any abnormalities, and your family history, to your doctor. Some people may require more frequent screenings for specific conditions. Please remember – these are just guidelines.

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