

PREVENTATIVE HEALTH
Make regular doctor's visits a part of your routine!

If you are/ have . . .	MALE	FEMALE
Under 40 years of age	A complete physical exam AT LEAST every 5 years (including a cholesterol check)	
Over 21 years of age (OR under 21 years of age if already had first sexual intercourse)		YEARLY Well woman exam including a breast exam & pap smear
40 years of age and over	PSA EVERY YEAR	MAMMOGRAM EVERY 2 YEARS (Have a baseline between 35-40 years of age)
	YEARLY EKG	
	Chest X-RAY YEARLY (if you are a smoker) EVERY 5 YEARS (if you are a non-smoker)	
50 years of age and over	YEARLY rectal exam & examination of stool for occult blood (this may be included with your well woman exam for females or your prostate exam for males)	
	COLONOSCOPY every 10 years (if no high risk or significant family history)	
		YEARLY MAMMOGRAM BONE DENSITY SCAN every 2 years (or if less than 50 years of age and postmenopausal)
ASTHMA	YEARLY LUNG FUNCTION TEST	
DIABETES	<ul style="list-style-type: none"> ◆ YEARLY FOOT EXAM ◆ YEARLY EYE EXAM ◆ Follow-up with your physician AT LEAST EVERY 3 MONTHS ◆ Lab work AT LEAST EVERY 3 MONTHS ◆ Check blood sugars before breakfast and after dinner as directed by your physician OR if dizzy, urinating more than usual or thirstier than usual, or just feeling ill. 	
HIGH BLOOD PRESSURE	<ul style="list-style-type: none"> ◆ YEARLY EKG ◆ Visit your physician AT LEAST EVERY 6 MONTHS 	
SMOKING	PLEASE STOP SMOKING !!!!! YEARLY CHEST X-RAY	