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ADULT HEALTH BULLETIN

Reprinted by:
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THIS MONTH'S TOPIC: YEARLY CHECKUPS AND SCREENINGS

Checkups

- **Annual exam with health care provider** – Even though you may be healthy, it is important to schedule a visit with your health care provider once a year. This is a time for you to discuss: health screenings, medical issues, vaccination updates and support for lifestyle changes such as weight loss or new exercise programs.
- **Dental visits** – Adults should be visiting their dental provider on a regular basis for cleanings and oral exams
- **Eye doctor** – Adults should have an eye exam every two years, unless they notice issues or changes with their vision. If you have noticed changes with your vision, you should see an eye doctor immediately.

Screenings

For everyone:

- **Colorectal cancer** – The first screening for colorectal cancer should happen at age 50. If your family has a history of colorectal cancer, you may need screenings at an earlier age. Talk to your health care provider about the test and your screening options.

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It is important to visit your health care provider once a year for a checkup.

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- **Diabetes** – Diabetes screenings are usually done when you go to your annual checkup. Diabetes can lead to problems with eyes, feet, kidneys, and other organs.
- **High blood pressure** – This screening also is commonly done during an annual exam. High blood pressure is considered 140/90. Talk to your doctor if you have high blood pressure.
- **Cholesterol** – Cholesterol should be checked regularly. If you use tobacco, are obese, have diabetes, have high blood pressure, have a family history of heart disease or a personal history of heart disease, talk to your health care provider.

For women:

- **Mammograms** – Talk to your health care provider about whether or not you should have a mammogram. Factors that may influence when you have mammograms are family history, age, overall health and personal concerns.
- **Cervical cancer** – Women between the ages of 21 and 65 should have a Pap test every 1 to 3 years. Generally, if you are over 65 and have had normal Pap test results, you will not need further screening. If you have had a hysterectomy for a reason other than cancer, you will not need a Pap test.
- **Osteoporosis (bone thinning)** – This screening should be conducted around the age of 65 to check bone strength. If you are younger than 65 years of age, talk to your health care provider about osteoporosis screening and whether or not you should participate.

For men:

- **Prostate cancer** – Men over the age of 50 should discuss prostate cancer screenings with their health care provider. A health care provider may suggest a screening at

an earlier age, depending of family and personal history.

Immunizations

- **Flu shot** – A yearly flu shot is recommended for all adults.
- **Pneumonia shot** – A pneumonia shot is recommended for persons ages 65 or older.

Talk to your health care provider about other vaccinations to confirm that you are up to date.

Checkups, screenings, and immunizations are important for staying healthy. By visiting your health care provider on a regular basis, you will be better able to maintain a functional and happy life.



REFERENCES:

- US Department of Health and Human Services. Women: Stay healthy at any age. <http://www.ahrq.gov/ppip/healthywom.htm>
- Medline Plus. Physical exam frequency. <http://www.nlm.nih.gov/medlineplus/ency/article/002125.htm>

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