

Adult Health Screening Checklist

Blood pressure

- Why?** ► If you have high blood pressure, blood moves through your arteries with more force than normal. This can damage your blood vessels, which can cause heart disease, heart attack, stroke, and kidney disease.
- How?** ► Blood pressure cuff on arm.
- When?** ► Age 18 and up, at least every 2 years.



Cholesterol

- Why?** ► Cholesterol is a soft, fat-like substance found in the bloodstream and in your body's cells. When there is too much cholesterol in your blood, it can clog your arteries (the "pipes" that carry blood through your body). These clogs can reduce blood flow to the heart or brain and cause heart attack or stroke.
- How?** ► Blood test for cholesterol level.
- When?** ► For MEN: age 35 to 65, every 5 years. For WOMEN: age 45 to 65, every 5 years.



Diabetes

- Why?** ► Everyone has some glucose (sugar) in their blood, because your body uses it for energy. But if your blood sugar is too high, you are at risk for diabetes. Diabetes can cause heart disease, stroke, nerve damage, and kidney or eye problems.
- How?** ► Blood test for glucose level.
- When?** ► Age 45 and up, every 3 years (especially if you are overweight).



Colorectal cancer

- Why?** ► Cancers of the colon and rectum can be deadly because often they are found too late to be treated. Colorectal cancer develops from growths in the colon and rectum called "polyps." Screening can actually *prevent* colorectal cancer because the polyps can be removed *before* they become cancerous.
- How?** ► Fecal occult blood test (patient receives kit to collect stool sample at home so it can be tested for blood at the clinic); Colonoscopy (flexible tube with camera is inserted to check entire rectum and colon for problems); or other similar procedures.
- When?** ► Age 50 and up, every year for fecal occult blood testing OR every 10 years for colonoscopy (more often if colorectal cancer runs in your family).

WOMEN Breast cancer

- Why?** ► Breast cancer can develop when breast cells divide and grow abnormally. Screening can find breast cancers at an early stage, when they are small and treatments will work best.
- How?** ► Mammogram (each breast is pressed between two plates so that an X-ray image can be made).
- When?** ► Age 40 and up, every 1 to 2 years (more often if breast cancer runs in your family). Women should also do self-breast exams every month. Ask your health care provider for instructions.



WOMEN Cervical cancer

- Why?** ► Cervical cancers can develop if cells in the lining of the cervix become abnormal. Screening can find abnormal cells early so they can be removed before they become cancerous.
- How?** ► Pap test (a metal or plastic instrument is placed in the vagina so that the cervix can be seen clearly and a sample of cells can be taken from the cervix to be tested).
- When?** ► Age 21 (or earlier if sexually active) to 65, at least every 3 years (more often if you have a history of abnormal results or your medical provider requires the test to receive birth control).

MEN Prostate cancer

- Why?** ► The prostate is a gland in men that produces fluid for semen. Some prostate cancers grow very slowly and remain in the prostate; others grow quickly and spread – but it can be difficult to tell the difference.
- How?** ► Blood test for prostate-specific antigen (PSA); Digital rectal exam (the prostate is in front of the rectum, so the doctor can feel if there are any bumps or hard places in the prostate which might be cancer).
- When?** ► Age 45 and up: talk with your doctor about the benefits and risks of testing.

■ Your medical provider may recommend that you be screened *sooner* or *more often* than listed above, depending on your age, race/ethnicity, health, family history, or other factors. ■ Your provider may recommend **sexually transmitted disease** tests, a **bone density** scan, a **chest x-ray**, or other screenings. ■