

KNOWLEDGE CAN **SAVE YOUR** *Life.*

HEALTH CHECKLIST

Please discuss these recommended screenings with your physician today.

Women

CHECKUPS AND SCREENINGS	WHEN?	19-39	40-49	50+
BLOOD PRESSURE: High blood pressure (hypertension) has no symptoms, but it can cause permanent damage to body organs.	Annually	X	X	X
BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Annually	X	X	X
BREAST HEALTH: Clinical exam by health provider. Mammography: X-ray of breast.	Every year		X	X
BONE DENSITY: Screens for osteoporosis.	Every 1-3 years			X
CHEST X-RAY: Recommended for smokers.	Annually		X	X
COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid, and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 5 years; Colonoscopy every 10 years			X
ELECTROCARDIOGRAM (EKG): Screens for heart abnormalities.	(Baseline—age 30) Every 4 years Every 3 years		X	X
HEARING: Talk with your doctor if you have to strain to hear a conversation.	Consult Physician			X
HORMONE THERAPY	Consult Physician			
IMMUNIZATIONS: Influenza, pneumonia, and tetanus.	Consult Physician			
PHYSICAL EXAM: Health screening featuring a complete health history, including your health status.	Annually	X	X	X
REPRODUCTIVE HEALTH: PAP test/pelvic exam; sexually transmitted diseases.	Annually (beginning at age 18; every 2-3 years after three consecutive negative tests and no signs of disease)	X	X	X
SELF-EXAMS: Breast: To find abnormalities in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth.	Monthly	X	X	X
THYROID STIMULATING HORMONE SCREENING	Every 5 years			X
VISION: Varies by risk factors and age.	Consult Physician			

Men

CHECKUPS AND SCREENINGS	WHEN?	19-39	40-49	50+
BLOOD PRESSURE: High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Annually	X	X	X
BLOOD TESTS & URINALYSIS: Screens for illnesses and diseases including diabetes, high cholesterol, kidney and thyroid dysfunction.	Annually	X	X	X
BONE DENSITY: Screens for osteoporosis.	Every 1-3 years			X
CHEST X-RAY: Recommended for smokers.	Annually		X	X
COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid, and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 5 years; Colonoscopy every 10 years			X
ELECTROCARDIOGRAM (EKG): Screens for heart abnormalities.	(Baseline—age 30) Every 4 years Every 3 years		X	X
HEARING: Talk with your doctor if you have to strain to hear a conversation.	Consult Physician			X
IMMUNIZATIONS: Influenza, pneumonia, and tetanus.	Consult Physician			
PHYSICAL EXAM: Health screening featuring a complete health history, including your health status.	Annually	X	X	X
PROSTATE SPECIFIC ANTIGEN (PSA) TEST: African-American men and those with a family history of prostate cancer may consider beginning screening at 40 or sooner.	Annually		X	X
RECTAL EXAM (DRE): Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Annually	X	X	X
SELF-EXAMS: SELF-EXAMS: Testicles: To find lumps in the early stages. Skin: To examine moles and freckles for changes to detect skin cancer. Oral: To look for cancerous lesions in the mouth. Breast: To find lumps in their earliest stages, because men can develop breast cancer, too.	Monthly (by self)	X	X	X
TESTOSTERONE SCREENING BLOOD TEST: If you experience symptoms such as low sex drive, erectile dysfunction, fatigue, and depression.	Consult Physician			
VISION: Varies by risk factors and age.	Consult Physician			

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