

Healthier Living

SCREENING GUIDELINES

Health screenings are proven to be an effective way to help prevent disease or aid in early detection. Screening guidelines are recommended for all individuals, even when you are feeling healthy. In many cases, screenings have detected cancer or chronic disease even though the individual was not experiencing any symptoms.

The guidelines below are standard recommendations based on age and gender, however they may vary based on your individual symptoms, personal history and family history. Please talk to your provider about the screenings that are appropriate for you. We also recommend you check with your insurance in advance regarding your coverage. Talk to your provider today to schedule your screenings.

Blood Pressure – Age 18 and older, every year with checkup. In adults, a measurement of 140/90 or higher is considered high blood pressure. A reading of 120-139/80-89 puts you in the “pre-hypertension” range and at increased risk for developing high blood pressure.

Bone Density Measurement – Females start at age 65 or post menopause if they have risk factors for osteoporosis.

Breast Cancer

Mammography – Every 1-2 years ages 40-50. Annually after age 50.

Clinical breast exam – Initial breast exam at age 20 and then every 3 years. Every year after age 40.

Cervical Cancer

Pelvic exam – Every year after age 18 or if sexually active. Discuss with your health care provider.

Pap test – Every 1 to 3 years after the age of 21.

Cholesterol Test – Optimal ranges are: LDL (the “bad cholesterol”) below 130; HDL (the “good cholesterol”) above 40; triglycerides below 150; and total cholesterol below 200.

Males – Ages 35-70, every 5 years

Females – Ages 45-70, every 5 years

Eye Examination

– Every 2 years ages 18-60

– Annually after age 60

Colon-Rectal Cancer

(One of the following beginning at age 50 and older.)

Fecal occult blood test – Every year

Flexible sigmoidoscopy – Every 5 years

Annual fecal occult blood and flexible sigmoidoscopy - Every 5 years

Colonoscopy – Every 10 years

Diabetes – Blood sugar test at age 45 and then every 3 years. A normal fasting blood glucose measurement is between 70-100. An elevated reading of 100-125 on two different occasions could be an indicator of pre-diabetes and further testing may be needed. A reading of 126-200 may be an indicator of pre-diabetes or diabetes and further testing is recommended. A reading of 200 is usually a sign of uncontrolled diabetes and further testing and a follow up with a physician is necessary.

Prostate Cancer

Prostate-specific antigen (PSA) – Talk with your primary care provider about the appropriateness of screening after age 50

Digital rectal exam – Talk with your primary care provider about the appropriateness of screening after age 50

Skin Cancer – Clinical exam every 3 years ages 20-40, annually after age 40, or if previous history of skin cancer, self-exam monthly.

Questions to ask your Doctor, and instructions to remember.

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Getting the Most from Your Appointment

Our goal is to ensure that you receive excellent service and are very satisfied with your care. We want to make sure we meet your needs, answer all your questions and that you understand your treatment instructions before you leave so that you can experience the best possible results.

Goals for Your Appointment

Write down the goal for your visit so you can be clear about your objectives with your provider.

- Include specific questions and take your list with you to the exam room.
- Write down your symptoms and specific details.
- Write down current medications.

The Purpose of Your Appointment

A **same day visit** is generally for an urgent condition, such as strep, ear infection, urinary infection, etc., and primarily addresses that particular concern. If you have questions beyond that, ask your provider when would be the best time to address those issues.

A **follow up visit** is related to a previous condition or treatment, and monitors and addresses that specific condition.

An **annual physical** allows for a longer time with the provider to discuss your overall health and wellness, your medical history and a wide range of topics.

To Get the Best Results

- Make sure you fully understand the instructions before you leave. If you have questions, ask your provider to clarify, or better yet, write down brief notes.
- Know what coverage you have for medications and ask about other alternatives that may cost less.
- Talk to your provider about the health wellness screening guidelines.
- Fill your prescription promptly and take as directed. Altering the time of day or dosage can impact your recovery.
- Be compliant with your treatment plan.



Active participation in your health care is a key factor in experiencing a greater level of healthy living. That includes adopting healthy habits, scheduling wellness screenings, and working with your provider to maintain your health and prevent illness. Thirty-three percent of all deaths in the US were caused by three modifiable behaviors: smoking, physical inactivity and poor eating habits. Many chronic conditions that stem from these lifestyle behaviors,

such as type 2 diabetes, hypertension and obesity are actually preventable (US Dept Health and Human Services).

Make a commitment to yourself and to your family to begin adopting a healthier lifestyle. Take responsibility for your health and stay on the road to wellness.

To schedule a screening or annual physical, contact your physician or health care provider.



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