

## what health screenings when?

Screenings look for and potentially identify unrecognized diseases or conditions in apparently well individuals by using tests, exams or other procedures. Screening tests sort out apparently well people who probably have a disease or are at risk of developing one from those who probably do not. A screening test is not intended to be diagnostics.

In deciding what you need, it's important to talk with your primary-care provider. Determining when or whether to have certain screenings depends on your symptoms, age, gender, risk factors and general health. The list below is a screening guideline for adults with no risk factors. Recommendations are provided by various sources. Your doctor may follow different guidelines.

<b>SCREENING</b> (for both genders unless indicated otherwise)	<b>RECOMMENDATION</b>
• Blood Pressure	At least every two years.
• Colorectal Cancer Screening	Starting at age 50: • Fecal occult blood test every year. • Flexible sigmoidoscopy every five years OR colonoscopy every 5-10 years.
• Dental Exam	Once a year or as your dentist recommends.
• Eye Exam	Every three to five years. More frequently after age 50.
• Cholesterol	Baseline full lipid profile at age 20. If results are within desirable range, then retest every five years.
• Fasting blood sugar (diabetes)	Baseline blood test at age 45, then every three years.
• Bone Density, Blood Chemistry, Complete Blood Count, Urinalysis, EKG, Sexually Transmitted Diseases	Discuss with your doctor.
• Skin Cancer	Monthly self-exam. Exam every three years ages 20-39. Annually starting at 40.
• Thyroid Stimulating Hormone (TSH)	Baseline test at age 35. Retest every five years.
• Transferrin Saturation Test (for hemochromatosis, or iron overload)	Baseline test at age 30.
• Pap Test (Women only)	Every three years for women age 18 and older who are or have been sexually active. After three negative annual tests in a row, your health care provider may recommend less frequent testing.
• Mammogram (Women only)	Every one to three years for women ages 40-49 based on risk factors. Annually at age 50.
• Clinical Breast Exam (Women only)	Every three years for women ages 18-39. Yearly starting at age 40.
• Prostate Cancer Screening (Men only)	Annual digital rectal exam and prostate specific antigen (PSA) blood test starting at age 50.
• Testicular Cancer Screening (Men only)	Begin self-exam in adolescence.

If you and your doctor decide you need a screening but cost is a factor, consider these low-cost options: 9Health Fair, held April 22-23 at Christ Center Community Church, 2700 S. Lemay Ave., in Fort Collins or through the Women's Resource Center, 484-1902 (women only).

Remember, your lifestyle — such as what you eat, how much you exercise and whether you engage in risk behaviors such as smoking and drinking alcohol — has a great impact on your health and should be considered along with screenings.