

# Health Screens



## Have regular routine preventive medical care.

Medical appointments with the sole purpose of preventing and screening for diseases play a key role in a healthy lifestyle. Regular medical screens can help detect potential health problems early, when the odds for successful treatment are greatest.

### Routine Medical Screens

Routinely screen for high blood pressure and cholesterol. It is an important preventive tool you have to reduce your risk for the development of undiagnosed chronic diseases. Make sure your blood pressure is checked regularly, because symptoms are not always apparent. High blood pressure is a silent killer. If you are at risk for heart disease, screening could save your life! Early detection and treatment for diabetes can improve health. **Other important screening tests should be done to detect cancer of the skin, breast, cervix (women only), colon, prostate (men only).**



***Check in regularly (at least once a year) to have a preventive visit with your health care professionals including your physician, podiatrist, and optomotrist or ophthalmologist, and dentist.***

Healthy teeth and gums are vital for eating well. Keep them in good shape by having regular dental preventive care.

Your feet walk an average of 8,000 to 10,000 steps a day. You need to protect them and support them. Keep your feet in comfortable, sturdy and supportive shoes. Use the right shoe for the activity. If you are unable to easily reach your feet to cut your toes nails, frequent visits to the podiatrist are recommended. Otherwise, visit your podiatrist **at least** annually.

Vision declines for everyone by about the 4<sup>th</sup> decade of life, and should be checked **annually**. Vision loss can affect balance and often is a cause for falls.

One in two women and one in five men over age 65 will sustain bone fractures due to osteoporosis. Have your bone density measured to determine if you are at risk.

Hearing can also change. If you notice you are starting to turn the TV up louder, or you are not understanding other people, consider visiting an audiologist. Loss of hearing can be a real threat to safety, if you cannot hear emergency messages. Hearing loss can easily be corrected.



### **Get Immunized**

Pneumonia and influenza are responsible for more than 30,000 deaths among older adults each year. Immunization can substantially reduce the severity, risk of hospitalization, and risk of death from these diseases. Get immunized!

### **Preventive Health Visit Suggestions**

Here are some suggestions to follow when making a preventive health visit to your health care professional.

1. Plan ahead. Write down what you want to discuss. Be ready to wisely use your time.
2. Discuss any personal risk factors (hereditary issues, risks you feel you might have in your life)
3. Discuss any concerns or questions you might have regarding
  - A. medications, use of over the counter products, or any combination of these products
  - B. any feelings you have had that might be different from your average feeling
  - C. any changes in skin (color, moles, sensation )
  - D. any noticeable weight change that is unexplained
  - E. any major changes that you have had in your life, such as a death, relocation, retirement, etc)
  - F. any physical, mental or sensory changes
  - G. any pain (pay attention to pain, respect it, do not ignore it!)

