

*This guide is designed to help you take charge of your health by knowing what screenings and immunizations you need, and when.*

Being tested for diseases at recommended ages can save your life, even when you don't have symptoms. Screening tests, such as mammograms, can find diseases early when they may be easier to treat. Use this guide when you see your medical practitioner and discuss screenings that can prevent future problems.

This checklist is a only a guideline. Talk to your medical practitioner about which of the tests and immunizations listed below are right for you—when you should have them, and how often—based on your personal risk factors and family history.

## Screening Tests

Mammograms	Have a mammogram every year <b>starting at age 40</b> . <sup>2</sup>
Colorectal Cancer Tests	Begin regular screening for colorectal cancer <b>starting at age 50</b> . Your medical practitioner can help you decide which test is right for you. How often you need to be tested will depend on which test you have. <sup>1,2,3</sup>
Pap Smears	Have a Pap smear <b>every 1-3 years</b> if you have been sexually active or are older than 21. <sup>1,2,3,4</sup>
Diabetes Tests	Have a test to screen for diabetes if you have high blood pressure or high cholesterol. <sup>1</sup>
Cholesterol Checks	Have your cholesterol checked at least every 5 years, <b>starting at age 45</b> . If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20. <sup>1</sup>
Skin Cancer Screening	Have a skin cancer screening every 3 years, <b>starting at age 20</b> . Begin screening every year <b>at age 40</b> . <sup>2</sup>
Tests for Sexually Transmitted Diseases	If you are 25 or younger and are sexually active, you should be tested for sexually transmitted diseases, including Chlamydia. If you are older, talk to your medical practitioner to see whether you should be tested for sexually transmitted diseases. <sup>1</sup>
Blood Pressure	Have your blood pressure checked at least <b>every 2 years</b> . <sup>1</sup>
Depression	If you've felt "down," sad, or hopeless, or felt little interest or pleasure in doing things for 2 weeks straight, talk to your medical practitioner about whether he or she can screen you for depression. <sup>1,4</sup>
Osteoporosis Tests	Have a bone density test at <b>age 65</b> to screen for osteoporosis (thinning of the bones). If you are between the ages of 60 and 64 and weigh 154 lbs. or less, talk to your medical practitioner about whether you should be tested. <sup>1,4</sup>
Thyroid Test	Have your thyroid levels checked at least every 5 years, <b>starting at age 35</b> . <sup>5</sup>

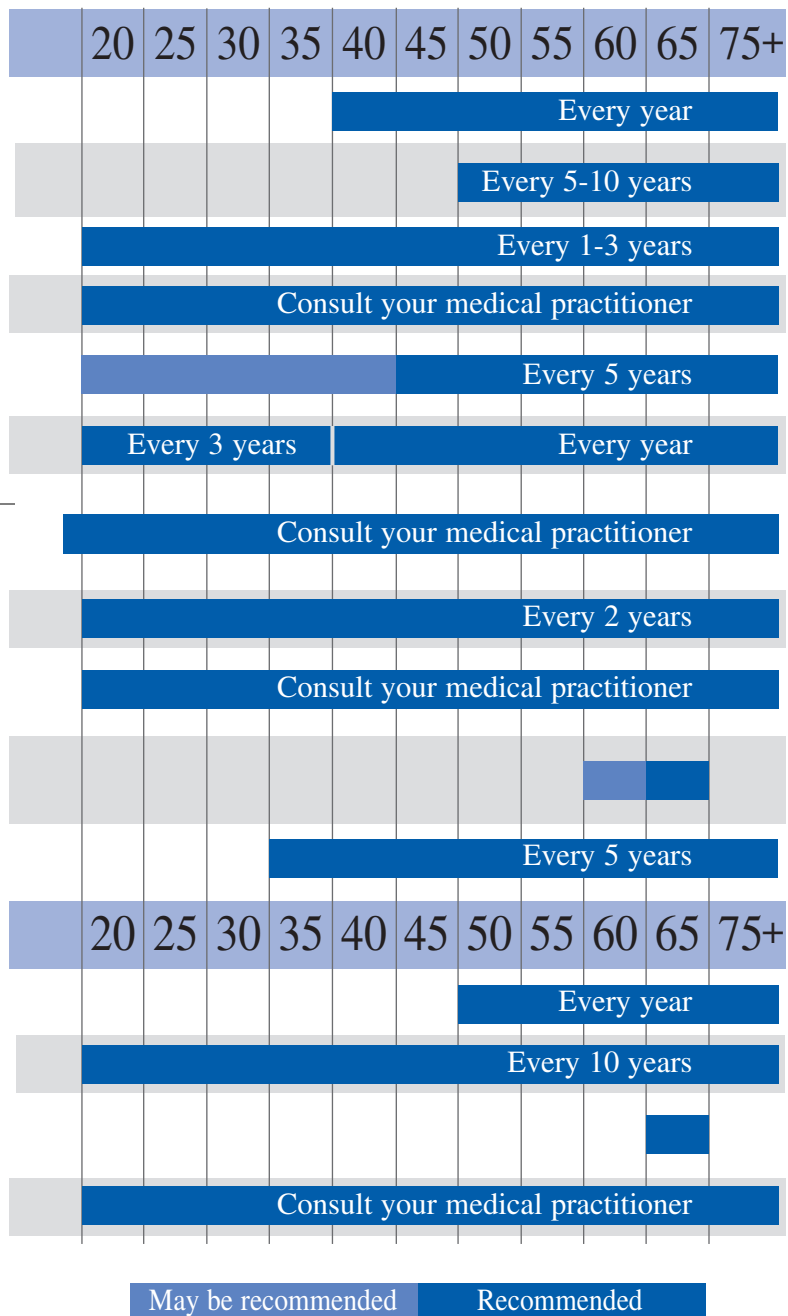
## Immunizations

Flu	Have a flu shot every year, <b>starting at age 50</b> . <sup>3</sup>
Tetanus-diphtheria	Have a tetanus-diphtheria shot <b>every 10 years</b> . <sup>3</sup>
Pneumonia	Have a pneumonia shot once at <b>age 65</b> (you may need it earlier if you have certain health problems, such as lung disease). <sup>3</sup>
Hepatitis B	Talk to your medical practitioner to see whether you need hepatitis B shots. <sup>3</sup>

1. The Guide to Clinical Preventative Services, 2005, Recommendations of the U.S. Preventative Services Task Force, US Department of Health and Human Services, Agency for Healthcare Research and Quality. [www.ahrq.gov](http://www.ahrq.gov)

2. American Cancer Society. [www.cancer.org](http://www.cancer.org)  
 3. Centers for Disease Control. [www.cdc.gov](http://www.cdc.gov)  
 4. American Academy of Family Physicians. [www.aafp.org](http://www.aafp.org)  
 5. American Thyroid Association. [www.thyroid.gov](http://www.thyroid.gov)

At age:



## What else can you do to stay healthy?

**Don't Smoke.** But if you do smoke, talk to your medical practitioner about quitting. You can take medicine and get counseling to help you quit. Make a plan and set a quit date. Tell your family, friends, and co-workers you are quitting. Ask for their support.

**Eat a Healthy Diet.** Eat a variety of foods, including fruit, vegetables, animal or vegetable protein such as meat, fish, chicken, and eggs, or beans, lentils, tofu, tempeh and grains, such as rice. Limit the amount of saturated fat you eat.

**Be Physically Active.** Walk, ride a bike, rake leaves, or do any other physical activity you enjoy. Start small and work up to a total of 20-30 minutes most days of the week.

**Stay at a Healthy Weight.** Balance the number of calories you eat with the number you burn off by your activities. Remember to watch portion sizes. Talk to your medical practitioner if you have questions about what or how much to eat.

**Drink Alcohol Only in Moderation.** If you drink alcohol, have no more than 2 drinks a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

*Make an appointment with your doctor or medical practitioner.*

*If you don't have one, please call **Nurse On Call** for assistance: 574-535-2600 or 877-846-4447.*



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