

| <u>HEALTH CHECK</u> | <u>HOW OFTEN</u> | <u>RESULTS</u> |
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| Blood Pressure High Blood Pressure puts you at risk for heart attack, stroke and kidney disease | Every 2 years and at every office visit Every year is BP > 120/80 | ____/____ Date: Great: <120/80 Over 65: <150/90 Good: <130/85 High: <140/90 |
| Lipid Panel (Cholesterol) Certain kinds of high cholesterol puts you at risk for heart disease and stroke | Men > 35 every year Women > 45 every year Starting at age 20 if at risk | HDL: ____ TG: ____ LDL: ____ Date: |
| Waist Circumference and BMI A larger than normal waist is a good indicator of risk for metabolic problems and body fat | Every year and at office visits | BMI: ____ Waist: ____ Overweight: Men > 40" (Best <35") Wmen >35" (Best <31) |
| Depression Screening – During the past month, have I been bothered by feeling down, depressed, or hopeless? – During the past month, have I been bothered by feeling little interest or pleasure in doing things? | Regularly and if you feel if it is necessary Ask about the screening at office visits | If you answered yes to any of the two questions then you are at risk for depression and should talk about it at your next office visit Date: |
| Blood Glucose High blood glucose is a risk (or diagnosis) of prediabetes and diabetes | Yearly if you have high blood pressure Only measured by healthcare provider | Fasting Blood Glucose: ____ HgbA1C: ____ Normal: A1C <5.7% , Glu <100 |
| AAA Screening A AAA is a bulge in the Aorta in the Abdomen and can rupture | Once between age 65-75 if you have ever smoked | Result: ____ Date: |
| Bone Density Tests for osteoporosis or thinning of the bones. This is a risk for fractures | For Women > age 65 and >age 50 if have risk factors For Men > age 70 | Result: ____ Date: |
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| <u>CANCER SCREEN</u> | <u>HOW OFTEN</u> | <u>RESULTS</u> |
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| Colon Cancer If you have had a future test in the past it may change your frequency of testing | For Everyone: Colonoscopy every 10 years starting at age 50 Start at age 40 if you have a family history of Colon Cancer May stop screening at age 75 | Results: Physician: Date Last performed: |
| Cervical Cancer Screening for cervical cancer involves a pelvic exam and pap smear | For Women Ages 21 – 29 every 3 years For Ages 30 – 65 every 3 years without HPV testing or every 5 years with HPV testing. It may be sooner depending on results. Stop if you have had a hysterectomy. This may be done in office or by an OB/GYN if you prefer | Results: _____ Date Last performed: _____ Physician: _____ |
| Breast Cancer Most common cancer in women. Screening for breast cancer involves a mammogram. | Mammogram at least every 2 years beginning at age 50, possibly age 40. May be more than every 2 years depending on results and history. | Results: _____ Date: |
| Prostate Cancer Screening Common cancer in men and screening depends on risk and history. | For normal risk without urinary symptoms beginning at age 55 until age 69 using PSA every two years after discussion in the clinic If Obese, African American, or family history of prostate or breast cancer consider screening at age 45 or 50 Have a discussion in the clinic others may benefit or not. If you have symptoms please discuss it. | Results: _____ Date: |
| Skin Cancer Screening | Regularly or annually in office or home | Date: |

| <u>VACCINE</u> | <u>HOW OFTEN</u> | <u>COMPLETED</u> |
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| Flu The virus changes every year. It is also a serious illness and can put you in the hospital. | Every fall/winter for everyone | Date: |
| Pneumonia (PCV) This vaccine is for the most common cause of bacterial pneumonia, an infection in the lung. | Everyone one time > age 65 If you have heart disease, COPD, diabetes, or other chronic illness will need to receive < age 65 | Date: |
| HPV Human Papilloma Virus can cause cervical cancer and other disease. | Everyone before the age of 26 Some people men and women might still receive even after age 26 It is a series of 3 shots | Date: Date: Date: |
| Tetanus and Diptheria This vaccine is against tetanus, or lockjaw, diphtheria and pertussis (whooping cough) | Everyone needs a one-time Tdap and then a booster of Td every 10 years | Date: |
| Shingles This vaccine protects against Varicella Zoster which causes shingles, a painful rash. | Everyone one time > age 65 | Date: |