

SCREENINGS

Assessing your Health: Take an Inventory

There are some great online tools available to help you assess your current health and better manage your overall health. Go to cchwyo.org/assess for links to general health assessments, nutritional habits, mental health and hearing loss quizzes you can take yourself, put together by Rachel Wilde, PBT, CPT, MA, from CCH Wellness. At Wellness, you can receive daily community blood draws, lab tests, and health and wellness screenings from 6-11 am Monday-Friday at 1901 Energy Court, behind Wendy's. Go to cchwyo.org/wellness or call 688-8051.

EVERYONE	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Blood pressure	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol	Every 5 years starting at age 20	Every 5 years	Every 5 years	Every 5 years
Colorectal health <i>High-sensitivity fecal occult blood test (FOBT)</i>			Yearly	Yearly until age 75; after that, discuss with your doctor
<i>Flexible sigmoidoscopy</i>			Every 5 years	Every 5 years until age 75; after that, discuss with your doctor
<i>Colonoscopy</i>			Every 10 years	Every 10 years until age 75; after that, discuss with your doctor
Diabetes	Discuss with your doctor	Start at age 45; then every 3 years	Every 3 years	Every 3 years
Skin exam (for cancer)	Monthly self-exam; by a doctor as part of a routine full checkup starting at age 20	Monthly self-exam; by a doctor as part of a routine full checkup	Monthly self-exam; by a doctor as part of a routine full checkup	Monthly self-exam; by a doctor as part of a routine full checkup

WOMEN	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Breast health <i>Mammogram</i>		Discuss with your doctor. May be yearly.*	Discuss with your doctor. May be every 2 years after age 55.*	Discuss with your doctor. May be yearly.*
<i>Clinical breast exam</i>	At least every 3 years starting in your 20s	Yearly	Yearly	Yearly
Bone density (osteoporosis screening)			Get a bone density test if you're at increased risk; discuss with your doctor	Get a bone density test if you're at increased risk; discuss with your doctor
Pap test	Every 3 years starting at age 21. From 30 to 39, every 3 years, or every 5 years if combined with an HPV test.	Every 3 years, or every 5 years if combined with an HPV test.	Every 3 years, or every 5 years if combined with an HPV test.	
Pelvic exam	Yearly starting at age 21; discuss with your doctor if you're younger than 21 and sexually active.	Yearly	Yearly	Yearly
Sexually transmitted infections (STIs)	Get screened for chlamydia if you're 24 or younger and sexually active; discuss screenings for other STIs with your doctor	Discuss with your doctor	Discuss with your doctor	Discuss with your doctor

MEN	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Abdominal aortic aneurysm				Once between ages 65 and 75 if you've ever smoked
PSA blood test (prostate-specific antigen; not routinely recommended)			Discuss pros and cons with your doctor starting at age 50	Discuss pros and cons with your doctor

*Mammography screening recommendation from the American Cancer Society

Sources: Agency for Healthcare Research and Quality; American Cancer Society; American Diabetes Association; Centers for Disease Control and Prevention; U.S. Preventive Services Task Force