

Annual tests that can help keep you healthy

This list of screenings can help get you started on 12 months of healthy living. Start with a phone call to your doctor. He or she can recommend self-tests and set up the screening tests that can help you uncover health problems early, when they're most treatable.

Your doctor may recommend earlier or more frequent screenings for you, based on your family history or other risk factors.

UNDER AGE 40

MEN AND WOMEN:

Blood pressure. Age 18 and older, every two years if normal.

Cholesterol. Start at age 20, at least every five years.

Skin cancer. Adults 20 to 39, every three years. Self-test: Once a month, look over your skin for any changes.

Diabetes. If you have any of the following risk factors for developing diabetes, you should include a fasting glucose test as part of your physical, at least once a year.

- Family history of diabetes
- Personal history of gestational diabetes
- Overweight with sedentary lifestyle
- Alaskan Eskimo, American Indian, African American, Hispanic/Latin American, Asian American or Pacific Islander
- History of polycystic ovarian syndrome (PCOS), cardiovascular disease or impaired fasting glucose from previous testing

SCREEN TEST

If you need recommendations on what types of screenings you need, ask your doctor or visit BaylorHealth.com and choose Health Library under Health Information, then click on Tests. If you need a doctor, call our toll free physician referral line at 1-800-4BAYLOR (422-9567). A representative can assist you 24 hours a day, everyday.

Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, Community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Regional Medical Center at Plano or Baylor Health Care System.

WOMEN:

Breast self-exam. Once a month, check your breasts for any abnormalities.

Clinical breast exam by a physician. Have a breast exam every 1 to 3 years between ages 18 and 39.

Mammogram. Have a baseline mammogram between ages 35 and 40.

Pap smear (cervical cancer). Annually starting at age 18 or as soon as sexually active.

MEN:

Testicular self-exam. Once a month, check each testicle for any lumps or swelling.

OVER AGE 40

MEN AND WOMEN:

Continue self-tests and screenings recommended for those under 40 and add:

Skin cancer. After age 40, once a year.

Colorectal cancer. Have a colonoscopy every 10 years from age 50, with a sigmoidoscopy and digital rectal exam every 5 years as an alternative. An annual fecal occult blood test after age 50 should also be considered.

WOMEN:

Clinical breast exam by a physician. Annually after age 40.

Mammogram. Annually starting at age 40.

Bone density scan. Ask your doctor whether you should have a bone density scan. If you're over 65, you should have your bone density tested.

MEN:

Prostate cancer. The American Cancer Society recommends a digital rectal exam and a prostate-specific antigen (PSA) blood test annually for men 50 and older. If you're African American and/or have a family history of prostate cancer, you should have a digital exam and PSA annually starting at age 40.