

Why get a check-up?

The person in charge of your health – is you.

It's time to schedule an appointment with your healthcare provider to discuss what screenings and exams you need and when you need them.

Regular health exams and tests can help detect issues sometimes before you even have any symptoms. By finding health problems early, your chances for treatment and cure are better.

Factors that affects how often you need

healthcare are: age, general health, family history, and lifestyle choices (i.e. what you eat, how active you are, whether you smoke.

What you tell your medical provider, and other factors, determine what kinds of screenings you may need to get. (And, as always, it's a good idea to check with your insurance company beforehand, to see what they may or may not cover.) Here are some screenings to consider:

- ◆ **Blood pressure**
- ◆ **Cholesterol**
- ◆ **Mammograms**
- ◆ **Pap Test**
- ◆ **Colorectal cancer**
- ◆ **Prostate screening**
- ◆ **Skin Cancer**
- ◆ **Hepatitis C**

Notes to make prior to your check-up:

- ⇒ Body changes, including pain, lumps, or skin changes.
- ⇒ Fatigue or dizziness.
- ⇒ Eating habit changes.
- ⇒ Bowel and bladder habit changes.
- ⇒ Depression, anxiety or sleeping issues.

Family history such as diabetes or certain types of cancer are important to mention and many of these can be screened for. Finally, don't be afraid to make a list. Your medical provider will appreciate your effort to be efficient with both your time and theirs. List the top 3-5 concerns you have, so you don't walk out of your office visit saying, "I forgot ..."

