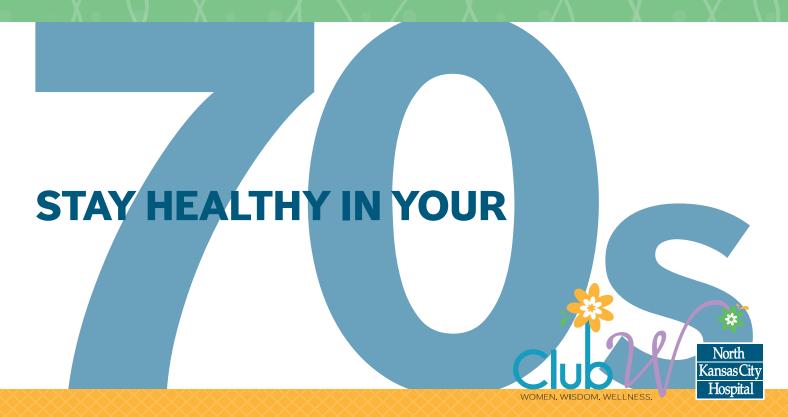
# Live Healthy



# Preventive Health Guidelines ... now and for a lifetime.

### General Health

- ☐ Get an annual checkup.
  - Blood glucose or A1C test, if at risk for diabetes
  - Blood pressure test
  - Bone mineral test
  - Cholesterol panel
  - HIV screening, if at risk
  - Thyroid (TSH) test
- ☐ Examine your moles and birthmarks monthly for any changes.

#### Breast Health

- ☐ Examine your breasts at home.
- Get a clinical breast exam (annually).
- ☐ Have a mammogram (every 1-2 years until age 74)

## Colorectal Health

- ☐ Screening options:
  - Colonoscopy
  - Fecal occult blood test
  - Flexible sigmoidoscopy

## Eye, Ear and Dental Health

- ☐ Have your hearing tested (every 3 years).
- ☐ Schedule an eye exam (every 1-2 years).
- ☐ See your dentist (every 1-2 years).

#### Mental Health

☐ Share concerns with your doctor immediately.

## Recommended Immunizations

- ☐ Herpes zoster vaccine
- ☐ Pneumococcal vaccine
- ☐ Seasonal influenza (flu) vaccine (annually)
- ☐ Tetanus-diphtheria-pertussis (Tdap) booster vaccine (every 10 years)

# Reproductive Health

- See your doctor for a pelvic exam (annually).
- $\square$  Have a Pap test, if needed.
- ☐ Get tested for sexually transmitted infections (STIs), if at risk.

Visit ClubWkc.com/LiveHealthy for details on our decade-by-decade classes hosted by Dr. Ancy.

Not a member?

Join the club at

ClubWkc.com.