

Healthy Tips for Women



Get the Tests Your Doctor Recommends for You

Screenings are tests that help find diseases early – even before you begin to show signs of the illness.

Breast Cancer. Ask your doctor to show you how to do monthly breast exams yourself. The National Cancer Institute recommends that you get a mammogram every one to two years if you are 40 years of age or older. You might need to start getting mammograms before age 40, or you might need to get them more often, if you have had:

- breast cancer
- other breast problems
- someone in your family who had breast cancer

Cervical Cancer. You may need to have a Pap smear every one to three years if you are sexually active. You may still need a Pap smear if you:

- Are age 21 to age 65 and not sexually active
- Are older than 65 and recent Pap smears were normal
- Had a hysterectomy for any reason other than cancer

Colorectal Cancer. Talk to your doctor about getting screened for colon cancer if you are age 50 or older, or you have a family history of colon cancer, or have IBD (inflammatory bowel disease).

Thinning Bones (Osteoporosis). If you are age 65 or older, ask your doctor or Accordant nurse about getting a bone density scan to check for bone loss. Your doctor may want you to have this before the age of 65 if you have menopause or a family history of thinning bones.

Depression. Talk to your doctor or Accordant nurse about being screened for depression. Especially if during the last 2 weeks you have felt:

- Down, sad or hopeless, or
- Have little interest or pleasure in doing things

High Blood Sugar (Diabetes). If you have high blood pressure, you may also have high blood sugar (diabetes). Get screened for diabetes if your blood pressure is higher than 130/80 or if you take medicine for high blood pressure.

High Blood Pressure (Hypertension). Blood pressure is considered high if it is 140/90 or more. Ask your doctor how often you should have your blood pressure checked and what your numbers should be.

High Cholesterol. Cholesterol levels can be checked once a year or more if you are already taking medicine for high cholesterol. It's important to have your cholesterol checked - especially if you are age 35 or older. If you are 20 to 34 years old, you may also need to get regular cholesterol checks if you:

- Use tobacco
- Are more than 30lbs over weight (obese)
- Have diabetes
- Have high blood pressure
- Have heart disease or blocked arteries
- Have someone in your family who had a heart attack – *men before age 50 and women before age 60*

Talk to your doctor to see if you need to get any of these tests done.

Women: Stay Healthy at Any Age. AHRQ Publication No. 10-IP002-A (Replaces AHRQ Pub. No. 07-IP005-A). U.S. Department of Health and Human Services. Agency for Healthcare Research and Quality. www.ahrq.gov. August 2010

Healthy Tips for Men



Get the Tests Your Doctor Recommends for You

Screenings are tests that help find diseases early – even before you begin to show signs of the illness.

Colorectal Cancer. Talk to your doctor about getting screened for colon cancer if you are age 50 or older or if you have a family history of colon cancer.

Depression. Talk to your doctor or Accordant nurse about being screened for depression. Especially if during the last 2 weeks you have felt:

- Down, sad or hopeless, or
- Have little interest or pleasure in doing things

High Blood Sugar (Diabetes). If you have high blood pressure, you may also have high blood sugar (diabetes). Get screened for diabetes if your blood pressure is higher than 130/80 or if you take medicine for high blood pressure.

High Blood Pressure (Hypertension). Blood pressure is considered high if it is 140/90 or more. Ask your doctor how often you should have your blood pressure checked and what your numbers should be.

High Cholesterol. Cholesterol levels can be checked once a year or more if you are already taking medicine for high cholesterol. It is important to have your cholesterol checked - especially if you are age 35 or older. If you are 20 to 34 years old you may also need to get regular cholesterol checks if you:

- Use tobacco
- Are more than 30lbs over weight (obese)
- Have diabetes
- Have high blood pressure
- Have heart disease or blocked arteries
- Have someone in your family who had a heart attack – *men before age 50 and women before age 60*

Talk to your doctor to see if you need to get any of these tests done.

Men: Stay Healthy at Any Age. AHRQ Publication No. 10-IP004-A (Replaces AHRQ Pub. No. 07-IP006-A). U.S. Department of Health and Human Services. Agency for Healthcare Research and Quality. www.ahrq.gov. August 2010