What should I talk to my doctor about?

- What am I doing right for my health?
- What do I need to do differently to be healthier?
  - (Am I eating right? Am I getting enough exercise?)
- Am I at risk for any health conditions (Diabetes, cancer, or other health conditions)?

What tests or screenings do I need?

For those considered normal or average risk:

- Blood pressure screening every visit
- Cholesterol screening every 5 years (if in normal range)
- Colon cancer screening starting at age 50 (age 45 if African-American)
- Bone density test screening once after age 65 for women and age 70 for men
- Mammogram for breast cancer screening every 2 years after age 50, unless there are other risk factors
- Pap smear every 3 years starting at age 21
- Discussion of whether a prostate cancer screening (PSA) is right for you – starting at age 50, earlier if African American or family history.
- Urine Gonorrhea / Chlamydia test if sexually active
- Consider HIV screening at least once, and continue screening based on risk factors
- Diabetes screening if at risk
- Consider lung cancer screening if you are 55 yrs or older and you’ve been smoking more than 30 years

What shots do I need?

- Tetanus vaccine every 10 years (one time pertussis booster)
- Flu vaccine every year
- Pneumonia vaccine at age 65 or younger with risk factors
- Shingles vaccine at age 60
- HPV vaccine before age 26

What other tests might be ordered if I have symptoms or risks?

- CBC – symptoms of anemia or infection
- Thyroid test – symptoms of thyroid disease
- Hemoglobin A1C – symptoms of or at risk for diabetes
- Liver function tests – symptoms of or at risk for liver disease
- Urine test – symptoms of urinary infection, diabetes, high blood pressure, or kidney disease.
- Electrolytes – symptoms of dehydration or kidney disease
- EKG – symptoms of or high risk for heart disease
- Vitamin D – symptoms of or risk of osteoporosis

For more information, go to KP.org.