

The most important things you can do to stay healthy are:

- Eat smart • Move more • Stay at a healthy weight • Be tobacco free
- Get recommended health screenings • Manage existing chronic disease

## Health Screenings for Women

Screening tests can find diseases early when they are easier to treat. Health experts have made recommendations, based on scientific evidence, about testing for the conditions below. Talk to your doctor about which ones apply to you and when and how often you should be tested.

- Obesity:** Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/)
- Breast Cancer:** Have a mammogram every 1 to 2 years starting at age 40.
- Cervical Cancer:** Have a Pap smear every 1 to 3 years if you:
  - Have ever been sexually active
  - Are between the ages of 21 and 65
- High Cholesterol:** Have your cholesterol checked regularly starting at age 45. If you are younger than 45, talk to your doctor about whether to have your cholesterol checked if:
  - You have diabetes or high blood pressure
  - Heart disease runs in your family
  - You smoke
- High Blood Pressure:** Have your blood pressure checked at least every year. High blood pressure is 140/90 or higher.
- Colorectal Cancer:** Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be tested earlier.
- Diabetes:** Have a fasting blood sugar or glucose tolerance test done every three years if you are over 45 years of age. If you have one or more other risk factors such as high blood pressure, high blood cholesterol, overweight or obese, or a family history, an annual screening for diabetes is advised.
- Depression:** Your emotional health is as important as your physical health. If you have felt “down,” sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.
- Osteoporosis (Thinning of the Bones):** Have a bone density test beginning at age 65 to screen for osteoporosis. If you are between the ages of 60 and 64 and weigh 154 lbs. or less, talk to your doctor about being tested.

The most important things you can do to stay healthy are:

- Eat smart • Move more • Stay at a healthy weight • Be tobacco free
- Get recommended health screenings • Manage existing chronic disease

## Health Screenings for Men

Screening tests can find diseases early when they are easier to treat. Health experts have made recommendations, based on scientific evidence, about testing for the conditions below. Talk to your doctor about which ones apply to you and when and how often you should be tested.

- Obesity:** Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/)
- High Cholesterol:** Have your cholesterol checked regularly starting at age 35. If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if:
  - You have diabetes or high blood pressure
  - Heart disease runs in your family
  - You smoke
- High Blood Pressure:** Have your blood pressure checked at least every year. High blood pressure is 140/90 or higher.
- Colorectal Cancer:** Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be tested earlier.
- Prostate Cancer:** There is insufficient data to recommend for or against prostate cancer testing. The American Cancer Society (ACS) recommends that the PSA blood test and digital rectal exam should be offered to men at average risk at age 50 and to men at high risk (African Americans and strong family history) at age 45. Talk to your doctor about what is right for you. (ACS Cancer Facts & Figures 2007)
- Diabetes:** Have a fasting blood sugar or glucose tolerance test done every three years if you are over 45 years of age. If you have one or more other risk factors such as high blood pressure, high blood cholesterol, overweight or obese, or a family history, an annual screening for diabetes is advised.
- Depression:** Your emotional health is as important as your physical health. If you have felt “down,” sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.
- Abdominal Aortic Aneurysm:** If you are between the ages of 65 and 75 and have ever smoked (100 or more cigarettes during your lifetime), you need to be screened once for abdominal aortic aneurysm, which is an abnormally large or swollen blood vessel in your abdomen.

This information is based on research findings from the U.S. Department of Health and Human Services (HHS) and the U.S. Preventive Services Task Force (USPSTF).

Missouri Department of Health and Senior Services  
AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER  
Services provided on a nondiscriminatory basis.