

Worth every minute  
you spent in the  
doctor's waiting



[health.mo.gov](http://health.mo.gov)

# health screening tips



Screening tests can find diseases early when they are easier to treat. Talk to your health care provider about which ones apply to you and when and how often you should be tested.

- Always ask questions. It improves your care and the care of your loved ones.
  - What is this test?
  - How often should I be tested?
  - What are the possible complications?
- Give you family health history. This information can help your doctor do a better job of assessing your risk of disease and prescribe preventive measures or courses of treatment. Family history is considered one of the most important risk factors for health problems such as heart disease, stroke, diabetes, cancer and certain psychiatric disorders.
- Alert your doctor to any medicines or supplements you are taking and mention if you see any other doctors.
- Ask about recommended screenings: blood pressure, cholesterol, colorectal cancer, breast cancer (mammogram and self-exam), diabetes, cervical cancer (Pap smear) and depression.
- Follow your doctor's orders once you clearly understand your test results and any treatment needed.