

Health screening tips to know:

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.

- Ask about recommended screenings: blood pressure, cholesterol, colorectal cancer, breast cancer (mammogram and self-exam), diabetes, cervical cancer (Pap smear) and depression.
- Always ask questions. It improves your care and the care of your loved ones.
 - What is the test?
 - How often should I be tested?
 - What are the possible complications?
- Give your 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 mental health issues.
- Alert your doctor to any medicines or supplements you are taking and mention if you see any other doctors.
- Follow-up with your doctor so you understand your test results and any treatment needed.

Worth every minute
you spent in the
doctor's waiting room.



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