

# Checklist For Your Next Checkup



- **Breast Cancer:** Have a mammogram every one to two years starting at age 40.
- **Cervical Cancer:** Have a Pap smear every one to three years if you have ever been sexually active or between the ages of 21 and 65.
- **Colorectal Cancer:** Have a test for colorectal cancer starting at age 45. 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 screened earlier.
- **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.
- **High Cholesterol:** Healthy adults should have their cholesterol checked every four - six years (CDC). Your physician may recommend to have your cholesterol checked if you smoke, have diabetes, high blood pressure or a family history of heart disease.
- **High Blood Pressure:** Have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher.
- **Diabetes:** Everyone should be screened beginning at age 45 and every three years after that. Get tested for diabetes if you have high blood pressure or cholesterol.
- **Depression:** Your emotional health is as important as your physical health. In the last two weeks, if you have felt down, sad, hopeless or lost interest/pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.
- **Chlamydia and Other Sexually Transmitted Infections:** Get tested for chlamydia if you are 25 or younger and sexually active. If you are older, talk to your doctor about being tested. Also ask whether you should be tested for other sexually transmitted diseases.
- **HIV:** Get tested for HIV if you:
  - had unprotected sex with multiple partners
  - are pregnant
  - have ever used injection drugs
  - have ever exchanged sex for money/drugs or have had partners who have
  - have ever had partners who are HIV-infected, use injection drugs, are being treated for sexually-transmitted diseases or have had a blood transfusion between 1978 and 1985.