



## Get Your Check-Ups!

Adults should visit their health care provider periodically, even if they are healthy. The purpose of these visits is to Screen for diseases, Assess risk of future medical problems, Encourage healthy lifestyles, Update vaccinations, Maintain a relationship with a doctor in the event of an illness, and receive Anticipatory Guidance.

Health maintenance is valuable for people who feel well and for those who have medical problems that need to be monitored and treated.

Even if you feel fine, it's still important to see your health care provider to check for potential problems. Most people who have high blood pressure don't even know it. The same with high cholesterol and high sugar levels. They often do not produce symptoms until advanced disease has occurred. Following are some guidelines for age-specific reasons to see your health care provider.

### Age 18 – 39

**Physical exam**– twice in your 20's, one of which includes a cholesterol check.

**Blood pressure** screening every 2 years unless you have elevated blood pressure or other health problems that need to be monitored .

**Cholesterol screening** every 5 years starting at age 34 unless you have other health problems that need to be monitored.

**Dental** yearly exam/cleaning

**Eye exam** - Every 2 years if you have vision problems.

**Immunizations** After age 19 you should have a Tetanus-

diphtheria and acellular pertussis (TdAP) vaccine, and a tetanus-diphtheria booster once every 10 years. More immunizations may be necessary based on your risk factors.

**Men** – Discuss how to do a monthly testicular self exam.

**Women** Discuss how to perform a monthly self breast exam. Pelvic exam and Pap smear every 1-2 years to check for cervical cancer, starting within 3 years after having intercourse or by age 21. If you are over 30 or your pap smears have been negative for 3 years in a row, your doctor may tell you that you only need a Pap smear every 2-3 years. Women who are sexually active should be screened for sexually transmitted diseases.

### Age 40 – 65

**Physical Exam** have a physical exam every 1-5 years.

**Blood pressure and cholesterol**– same as in 18-39 group

**Colon cancer screening** Patients between the ages of 50 and 80 should be screened for colorectal cancer. African Americans need to start screening at age 45. This may involve:

**Stool guaiac** yearly.

**Colonoscopy every 10 years** (Patients with risk factors may need this test more often.

**Dental Exams** every year for exam and cleaning.

**Eye Exam** If you have vision problems, continue to have an eye exam every 2 years. Those without vision problems should begin to have regular eye exams every 2 years after the age of 40. Once you turn 45, make sure that you have a test done for glaucoma.

### **Immunizations**

Yearly flu shot after age 50.

Ask your doctor about your risk for pneumonia

Tetanus-diphtheria booster every 10 years

A shingles or herpes zoster vaccination once after age 60.

### **Men: Prostate exam**

Most men aged 50 or older should discuss screening for prostate cancer.

African American males and those with a family history of prostate cancer should start at age 45.

Screening tests may include the PSA blood test and a digital rectal examination.

Continue monthly self exams

### **Women**

**Mammograms** Women over the age of 40 should have a mammogram done every 1-2 years depending on your risk factors. Continue monthly self breast exams

**Osteoporosis screening** all postmenopausal women with fractures should have a bone density test (DEXA scan).

**Women under 65** who have risk factors for osteoporosis should be screened.

**Pelvic exam and pap smears** Yearly pelvic and Pap smears



### **Berrien County Health**

**Department:**  
Preventing Disease,  
Prolonging Life and  
Protecting the  
Health of the



### **Safe Homes, Safe Families - Focus of June Health**

In June, the Health Department will be providing information for keeping your homes and families safe and healthy. Smoke free environments, the House-to-House program, preventive care and the Nurse Family Partnership program will be highlighted. For questions about any of these topics, please call the health department at **926-7121**.

### Age 65 and older

**Physical Exam** yearly

**Abdominal aortic aneurysm screening** for Men 65 – 75 who never smoked. All others discuss screening with their health care providers.

**Blood pressure** same as ages 40-65

**Cholesterol** IF normal level have it rechecked every 3-5 years

**Colon Cancer** same as ages 40-65

**Dental exam** every year

**Eye exam** every 2 years and check for glaucoma

**Hearing test** every year

**Immunizations** pneumococcal vaccine if you have never had one before, or if you received your last one before age 60. Get a flu shot every year, get a tetanus-diphtheria shot every 10 years, A shingles or herpes zoster vaccination once after age 60.

**Men Prostate exam** same as 40-65

### **Women**

**Breast exams** by doctor and continue monthly self exams

**Mammograms** every 1-2 years

**Osteoporosis screening** and ask your doctor about proper calcium intake and exercise to prevent osteoporosis.

**Pelvic and Pap smears** Yearly. if negative for 3 years in a row every 2-3 years. If you are over 70 and your pap smear has been normal for 10 years, ask your doctor about not having any more Pap smears.

For more information, call the health department at

**926-7121**

*Special thanks to Pam Quinn for her help with this article!*

**The Berrien County Health Department has five locations to serve you:**

#### **Benton Harbor**

769 Pipestone  
P.O. Box 706  
926-7121

M-139 Office  
2106 S. M-139  
927-5623

School Based  
870 Colfax Ave  
925-4500

#### **Niles**

1205 N. Front St.  
684-2800

#### **Three Oaks**

21 N. Elm  
756-2008

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