

Important Health Screenings

Below are a few of the most common health screenings.

- Dental Check-up
- Dermatology evaluation/screening
- Vaccination
- Women's gynecological exams
- Men's prostate wellness exam
- Colonoscopy



Dental Check-up

Remember, you need a dose of antibiotics before any dental work. Your dentist can prescribe those for you, or you can call our office and we will send a prescription for antibiotics to your pharmacy.

Dermatology Evaluation/Screening

We recommend a yearly skin exam by a dermatologist. If you are concerned with a change or abnormal area on your skin, schedule an appointment as soon as possible.

Vaccines

- Get your yearly flu vaccine in the Fall (October is perfect).
- Check your records to make sure you are up to date on Tetanus, Shingles (Shingrix) and pneumonia vaccines.
- If you are planning to travel outside the United States, specific vaccines may be recommended, call our office so we can ensure the required vaccines are safe for you to receive.

Health Screenings for Women

- Perform a monthly self-breast exam
- Mammograms:
 - Age 40-44: Initial mammogram
 - Age 45-54: Yearly mammogram
 - Age 55+: Mammogram every 2 years or as directed by OB/GYN doctor
- Pap smear and/or pelvic exam:
 - Age 25-65: HPV test every 5 years
 - Age 65+: As directed by OB/GYN doctor
 - Post-Hysterectomy: Screenings as directed by OB/GYN doctor

Health Screenings for Men

- Prostate exam:
 - Age 40: If father/brother with prostate cancer at an early age (45-50)
 - Age 45: If African American or father/brother had prostate cancer before age 65
 - Age 50: If above is not applicable

If You Are 45 Years or Older

Schedule a baseline colonoscopy (screening for colon cancer). This baseline colonoscopy will determine how often you need to have one, typically every 3, 5 or 10 years.

Yearly Low Dose CT Scan

Age 50-80: If currently smokes or has history of smoking and has at least a 20 pack-year history of smoking (speak with your provider to see if this test applies to you).

Other Specialists

Maintain regular care with your primary care doctor, cardiologist, endocrinologist, neurologist, mental health provider, and any other provider that takes care of you.