



Our grandparents grew up with the adage "An ounce of prevention is worth a pound of cure."

Today, with modern advances in technology, we can also say the same about early detection. When diseases are found early, they are more treatable.

This booklet provides you with guidelines for screenings that are necessary for early and effective treatment of major diseases.

During your next doctor visit, discuss these screenings to determine which would be most appropriate for you.

This information is to be used as a guideline only. Consult with your health care provider for personal screening recommendations.

And don't forget about the

PREVENTION:

Eat a healthy diet high in fruits, vegetables and whole grains.

Be physically active at least 30 minutes most days of the week.

Don't smoke, or quit smoking.

Manage your stress.

Drink in moderation - no more than two drinks per day for men; no more than one drink per day for women.

Get plenty of sleep - at least eight hours each night.

Drink water - at least 64 ounces each day.

Riverview

MEDICAL CENTER

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Check-Up Checklist

Screenings

Cholesterol

Blood Pressure

Colorectal Cancer Test

Diabetes Test

Prostate Cancer Test

Testicular Exam

Breast Exam

Mammogram

Pap Smear

Depression

Osteoporosis

Immunizations:

Tetanus-Diphtheria

Measles, Mumps, Rubella (MMR)

Pneumococcal

Influenza

Men

Every 5 years at age 20

Every 2 years

Starting at age 50

Every 3 years at age 45

Annually at age 50

Monthly self-exam and annual check-up

Consult your doctor if you feel down, sad or hopeless for 2 weeks straight

Routine screening at age 65

Every 10 years

One dose after age 65

Annually

Women

Every 5 years at age 20

Every 2 years

Starting at age 50

Every 3 years at age 45

Monthly self-exam and annual check-up

Every 1-2 years at age 40

Every 1-3 years at age 21 or if sexually active

Routine screening at age 65

Every 10 years

If childbearing age - one dose

One dose after age 65

Annually

Screening	Date/Results							
Cholesterol								
Blood Pressure								
Colorectal Cancer Test								
Diabetes Test								
Prostate Cancer Test								
Testicular Exam								
Breast Exam								
Mammogram								
Pap Smear								
Depression								
Osteoporosis								
Immunizations:								
Tetanus-Diphtheria								
Measles, Mumps, Rubella (MMR)								
Pneumococcal								
Influenza								