

Health for a lifetime...a schedule of prevention

Age: 20 25 30 35 40 45 50 55 60 65 70 75 80+

healthy habits

Alcohol & Drugs	If drinking or drugs is causing problems for you or others, talk to your doctor. Remember never drive after drinking or using drugs.													
Diet	Avoid high-fat and high-calorie foods. Eat more fiber and whole grains. Keeping a food diary is a good way to track your success at maintaining a healthy diet.													
Emotional Health	If you feel depressed or if someone is hurting you, talk to your physician or another medical professional to get help.													
Exercise	"Get physical" for at least 30 minutes a day, most days. Include weight-bearing exercises like walking, dancing or step aerobics and fight osteoporosis at the same time!													
Safety	Buckle that seat belt and don't forget your helmet when riding your bike!													
Sexual Health	Practice safe sex and use condoms to avoid STDs. Use birth control to prevent unplanned pregnancy.													
Tobacco	Being smoke-free is the best thing you can do to keep healthy. If you smoke or use tobacco, talk to your doctor about how to quit.													

screenings and tests

Breast Cancer	Perform monthly breast self-exams.					Have a mammogram and Clinical Breast Exam yearly.								
Cervical Cancer	Have a Pap test every 2 years after having two normal yearly tests.			Have an HPV/Pap test every three years as long as both tests are normal.										
Cholesterol & Lipids	Have your cholesterol and lipids checked every five years or more often if you have high cholesterol, diabetes or heart disease.													
Colorectal Cancer	Have a flexible sigmoidoscopy and colonoscopy every 10 years.													
Diabetes	Get tested every five years. Start testing earlier or more frequently if you are overweight and inactive or if diabetes runs in your family.													
HIV and other STDs	Get tested for HIV and other STDs if you have had unprotected sex, are pregnant or have any other reason to think that you may be at risk.													
Hypertension	Have your blood pressure checked at least every one to two years. A healthy blood pressure is around 120/80, preferably less.													
Osteoporosis	To prevent osteoporosis, take Calcium, Vitamin D, exercise regularly and avoid tobacco.										Check with your physician about a bone density test or taking medications.			
Prostate Cancer	Discuss having a PSA test and rectal exam with your physician or other medical professional.													
Weight & Obesity	Have your Body Mass Index calculated every one to two years. Talk with your physician about healthy eating and physical activity.													

check list for prevention:

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| <input type="checkbox"/> Schedule regular preventative visits with a physician or nurse practioner
Every 3 years, ages 18-49, yearly ages 50-80+ | <input type="checkbox"/> Stay up to date on your immunizations
Flu: Yearly starting at age 50; earlier if at higher risk
Tetanus Diptheria: Booster shot every 10 years
Pneumonia; Once after age 65 |
| <input type="checkbox"/> Complete an Advance Directive and update as needed | |
| <input type="checkbox"/> Maintain regular dentist visits every six months | |

Please note: These guidelines are for generally healthy people. If you have ongoing health problems, special health needs or risks, or if certain conditions run in your family, your prevention plan may be different. Please consult your doctor for specific recommendations.