



# Where health is a way of life.

## Got health?

Protect it with regular screenings. These tests can alert your doctor to the earliest signs of major health threats, such as heart disease, stroke, cancer, diabetes, and osteoporosis.

The added incentive for being diligent: Early detection almost always means simpler, more effective treatment.

### 1. Blood pressure

This test detects high blood pressure, a major risk factor for heart disease and stroke.

**First test:** Age 20.

**Repeat tests:** Every two years or more frequently, if readings are high.

### 2. Cholesterol

This blood test detects the types and amounts of fatty material in your blood. Unhealthy numbers could add up to trouble for your heart.

**First test:** Age 20.

**Repeat tests:** As your doctor advises.

### 3. Diabetes

A blood test can measure your blood sugar level and indicate your risk for diabetes.

**First test:** Age 45.

**Repeat tests:** Every three years or more frequently for people with risk factors.

### 4. Skin exam

Skin cancer is the most common cancer in the United States, and self-exams are the first step for finding it. Check your entire body every month for spots or moles that are asymmetrical, have irregular borders or colors, are larger than a pencil eraser, or have changed in any way.

**First exam:** Age 20.

**Self-exams:** Every month.

### 5. Eye exam

Regular eye exams can detect diseases at an early stage.

**First test:** Age 40, if you have not had a recent eye exam.

**Repeat tests:** Every two to four years; after 55, every one to three years; after 65, every one to two years (or as your doctor advises).

### 6. Pelvic exam

Your provider examines the reproductive organs.

**First test:** Age 21, or earlier if sexually active.

**Repeat tests:** Annually.

### 7. Pap test

Usually done during a pelvic exam, this test looks for abnormal or cancerous cells in the cervix.

**First test:** Age 21.

**Repeat tests:** Depends on age and health history. Check with your doctor.

### 8. Mammogram

This X-ray can find signs of breast cancer.

**First test:** Age 40.

**Repeat tests:** Annually.

### 9. Prostate cancer

The PSA test measures the blood level of prostate-specific antigen (PSA); high levels of PSA may indicate cancer.

**First test:** Age 50, although men who are African-American should be screened at age 40.

Men who have a family history of prostate cancer need to be screened earlier.

**Repeat tests:** Annually.

### 10. Colorectal cancer

There are several ways to screen for signs of colorectal cancer.

**First test:** Age 50, although African-Americans and people who have a family history of colorectal cancer should be screened at age 45.

**Repeat tests:** It can depend on the test. Ask your doctor.

### 11. Bone density

Doctors use X-rays to check for signs of bone loss or osteoporosis.

**First test:** Age 65, but discuss with your doctor around your 50th birthday.

**Repeat tests:** Ask your doctor.

### 12. Depression

A series of tests can determine if you're experiencing this common psychiatric disorder.

**Testing:** If feelings of sadness, loneliness, hopelessness, or emptiness persist more than two weeks, talk to your primary care provider about screening.

 Women  Men

12  
screening  
tests  
men and  
women need.



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Sources: American Academy of Family Physicians; American Cancer Society; American College of Obstetricians and Gynecologists; U.S. Department of Health and Human Services  
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