

FIND IT EARLY

SCREENINGS THROUGH THE YEARS



You need me, a family doctor. Sometimes I'm called a **primary care physician**. I care for your **acute** healthcare needs and perform routine check-ups.

I learn your **family medical history**, track any treatment and refer you to specialists, if needed. I personalize wellness **screenings** based on your age, gender, health status and **risk factors**.

WHEN TO START HEALTH SCREENINGS

BABIES

Well-baby visits start shortly after birth. I examine your baby, ask about your baby's development and track milestones. These become **well-child visits** and are when your child gets **immunized**.



ADOLESCENT AGE 11-14

Height, weight and **body mass index** are important to monitor as your child grows. This is the recommended time to start the human papillomavirus (HPV) vaccine series, before sexual activity begins.



YOUNG ADULT WOMAN IN 20s

Reproductive health screenings should begin with a yearly pelvic exam and a Pap test at least every three years. Do a breast **self-exam** monthly to identify changes.



YOUNG ADULT MAN IN 20s

Do a monthly **self-exam** for testicular cancer, the most common type of cancer in men age 15-35.



WOMAN IN 40s

Early detection is important in the success of breast cancer treatment. Screening includes a mammogram and clinical breast exam.



MAN IN 50s

We'll discuss the need for a prostate screening test. The risk of prostate cancer goes up as you age.



MAN AND WOMAN IN 50s AND 60s

An **age-recommended** screening at age 50 is for colorectal cancer. Postmenopausal women or men over the age of 50 who have recently broken a bone should consider a bone density test.

When you turn 60, we'll talk about immunizations for shingles, pneumonia and a booster for tetanus-diphtheria-pertussis.



ELDERLY MAN AND WOMAN

We do an annual checkup to discuss your sleep habits, eating habits, ear and eye health.



These are guidelines. I personalize the timing of your screening to meet your specific healthcare needs.



WHAT IT ALL MEANS

PRIMARY CARE PHYSICIAN — first to contact — often referred to as family practice or internal medicine doctor.

ACUTE — sudden pain or sickness that is not serious or life-threatening.

FAMILY MEDICAL HISTORY — one or more blood relatives with a certain health problem can impact a person's risk for that health problem.

SCREENINGS — intended to identify diseases when there are no symptoms.

RISK FACTORS — factors that make getting a disease more likely and may include family history, age and gender.

WELL-CHILD VISITS — scheduled checkups that begin shortly after birth and last through the teen years.

IMMUNIZED — also called vaccinated, to make antibodies that fight the illness you are being immunized against. Also helps reduce the spread of disease to others.

BODY MASS INDEX (BMI) — a calculation to estimate the effect of weight on health to assess your child's growth.

SELF-EXAM — check your body yourself.

AGE-RECOMMENDED — testing at specific ages.