



## INVESTING IN WELLNESS

Lutheran Health Network is committed to promoting wellness as a way of life. Consider the guidelines below when determining which screenings to schedule this year as part of a proactive annual healthcare plan.

<b>Men's Health Checklist</b>			
<b>Test</b>	<b>Ages 20–39</b>	<b>Ages 40–49</b>	<b>Ages 50+</b>
Self-Exams—Discuss with your healthcare provider	Monthly: Testicles (for lumps), Skin (moles, freckles), Oral (cancerous lesions), Breast (abnormal lumps)		
Dental Checkup	Every 6 months		
Physical Exam	Discuss with your healthcare provider		
Sexually Transmitted Diseases	Discuss with your healthcare provider		
Blood Pressure	Yearly, if normal		
Digital Rectal Exam		Yearly	
Cholesterol Blood Test	Every 5 years		
Lipid Profile	Discuss with your healthcare provider.		
Chest X-ray	Yearly, if you smoke		
Tetanus-diphtheria Booster	Every 10 years		
Blood Test and Urinalysis	Every 3 years	Every 2 years	Every year
Diabetes Screening		Every 3 years, beginning at age 45	
Hemocult	Yearly, beginning at age 50, younger if family history of colon cancer		
Flexible Sigmoidoscopy	Discuss with your healthcare provider		
Colonography	Discuss with your healthcare provider		
Colonoscopy	Discuss with your healthcare provider		
Testosterone Screening		Discuss with your healthcare provider	
PSA Blood Test		Yearly, beginning at age 50	
Bone Mineral Density	Discuss with your healthcare provider		
Cardiac Calcium Scoring	Discuss with your healthcare provider		
Vascular/Stroke/PAD Screening	Discuss with your healthcare provider		
Abdominal Aortic Aneurysm (AAA)	Discuss with your healthcare provider		
Carotid Artery	Discuss with your healthcare provider		

<b>Women's Health Checklist</b>			
<b>Test</b>	<b>Ages 20–39</b>	<b>Ages 40–49</b>	<b>Ages 50+</b>
Breast Self-Exam	Monthly		
Dental Checkup	Every 6 months		
Physical Exam	Discuss with your healthcare provider		
Sexually Transmitted Diseases	Discuss with your healthcare provider		
Pap Test	Every 1–3 years after 3 consecutive normal tests		
Blood Pressure	Every 1–2 years, if normal at initial reading		
Digital Rectal Exam	Discuss with your healthcare provider	Every 5–10 years	
Cholesterol Blood Test	Every 5 years		
Lipid Profile	Discuss with your healthcare provider.		
Chest X-ray	Yearly, if you smoke		
Professional Breast Exam	Yearly, by a healthcare provider		
Mammogram		Every 1–2 years	
Diabetes Screening		Every 3 years, beginning at age 45	
Stool Blood Test			Every 3 years
Flexible Sigmoidoscopy	Discuss with your healthcare provider		
Colonography	Discuss with your healthcare provider		
Colonoscopy	Discuss with your healthcare provider		
DEXA scan		Every 1–2 years after menopause	
Tetanus-diphtheria Booster	Every 10 years		
Thyroid Test	Every 5 years, beginning at age 35		
Cardiac Calcium Scoring	Discuss with your healthcare provider		
Vascular/Stroke/PAD Screening	Discuss with your healthcare provider		
Abdominal Aortic Aneurysm (AAA)	Discuss with your healthcare provider		
Carotid Artery	Discuss with your healthcare provider		