

# Screening and Prevention

## *Important for You and Your Family*

This is a reminder about how important it is to your family's health that you and all members of your family see your doctor regularly to be screened for serious illnesses and for risk factors that can be modified to prevent illness. Here is a brief summary of recommended screening and preventive services by age and gender:

### **For all adults**

- Check weight often
- Check blood pressure at least every 2 years if 120/80 or lower, more often if higher
- Blood sugar and lipid profile (cholesterol and triglycerides) at least every 3-5 years, and more often if the levels are high
- Flu shot every year
- Tetanus shot every 10 years
- Age 50 and older – Colon cancer screening by:
  - flexible sigmoidoscopy every 5 years
  - colonoscopy every 10 years
  - double contrast barium enema every 5 years
  - CT colonography (virtual colonoscopy) every 5 years
  - yearly take-home stool blood test if can't do choices above

### **For Women**

- Cervical Cancer Screening — pelvic exam and pap test — every year or as recommended by your doctor
- Age 40 and older: Clinical breast exam and mammogram every year
- Age 65: Osteoporosis screening by DXA Scan (special x-ray) — screen earlier (post-menopausal) if there are any risk factors: low body weight, fracture as an adult, smoking, steroid use or family history of osteoporosis

### **For Older Men**

- Age 50 and older: Consider prostate cancer screening—rectal exam and blood test
- Age 65: Ultrasound screening for aortic aneurysm if risk factors



### **Children and Adolescents**

- Children should have an annual well-child visit with their pediatrician to:
  - Make sure they are developing and maturing normally
  - Check their height, weight, blood pressure, vision, hearing and general health
  - Make sure they are getting all recommended vaccinations to prevent serious illnesses

**Everyone**— remember to see your dentist every 6 months for a checkup and cleaning.

### **To help make screening and prevention affordable**

- All recommended screening and prevention services are covered by your insurance carrier
- Some services have a small co-pay
- Some services are free
- OMC offers some of the recommended adult screenings to employees (but not family members) as a part of both mandatory and voluntary annual exams

**For more information on screening, prevention and healthy living see:**

The CDC Healthy Living web site: <http://www.cdc.gov/HealthyLiving/>

BNL's OMC, EAP and Health Promotion Program web sites: [www.bnl.gov/hr/ocmed](http://www.bnl.gov/hr/ocmed)

Your health insurer's web site: [www.cigna.com](http://www.cigna.com), [www.vytra.com](http://www.vytra.com), [www.aetna.com](http://www.aetna.com) and [www.hipusa.com](http://www.hipusa.com)