

# ADULT HEALTH BULLETIN



SEPTEMBER 2017

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## THIS MONTH'S TOPIC: HEALTH SCREENINGS



**E**very adult should get screened for illnesses when they visit their healthcare provider. Some screenings can be done right in the provider's office. There are some screenings that need special equipment and may need to be done at a separate appointment.

### General screenings

- **Diabetes:** This illness can cause many problems with your body including, but not limited to: heart, eyes, kidneys and nerves. You should get screened if you have high blood pressure or take medication for high blood pressure.
- **Hepatitis C Virus (Hep C):** Hep C is an infection of the liver. You should get screened one time for Hep C if you were born between 1945 and 1965 or if you received a blood transfusion before 1992.

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# Your blood pressure should be checked at least every 2 years.

➔ Continued from page 1

## High blood cholesterol

High blood cholesterol can lead to dangerous diseases like heart disease or stroke. Have your blood cholesterol checked regularly with a blood test if:

- You use tobacco
- You are overweight or obese
- You have a personal history of heart disease or blocked arteries
- Your family has a history of heart disease

## High blood pressure

High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure. Your blood pressure should be checked at least every 2 years.

*Screenings are important ways to make sure that you do not have an illness or disease without symptoms.*

## Lung cancer

You should talk to your healthcare provider about a lung cancer screening if you are between the ages of 55 and 80, smoke now or have quit within the past 15 years.

## Colon cancer

A person between the ages of 50 and 75 should get a colon cancer screening. This screening can be done in several different ways, so talk to your healthcare provider about your options. If your family has a history, you may want to talk to your healthcare provider about getting screened before the age of 50.

## Women specific screenings

- **Osteoporosis:** This test is used to make sure you have strong bones. This screening can also be done in several different ways. Talk to your healthcare provider about getting this screening done.



- **Breast cancer:** A mammogram is the screening test used to detect breast cancer. Talk to your healthcare provider about scheduling a mammogram and how often it is needed.
- **Cervical cancer:** This screening is one that typically starts around the age of 21 and is continued until around the age of 65. Talk to your healthcare provider about the screening called a Pap smear. Your provider may also encourage you to be tested for human papillomavirus, also known as HPV.

Screenings are important ways to make sure that you do not have an illness or disease without symptoms. It is important to talk with your healthcare provider to determine which screenings are needed for you.

### REFERENCE:

Health and Human Services – Women: Stay Healthy at Any Age.  
<https://archive.ahrq.gov/patients-consumers/prevention/lifestyle/healthy-women.pdf>

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Written by: Nicole Peritore  
Edited by: Connee Wheeler  
Designed by: Rusty Manseau  
Stock images: 123RF.com

