

# Preventative Health Maintenance with First Physicians Group

Preventing chronic disease starts with living an active lifestyle and eating a healthy diet, but getting regular health screenings is just as important for your continued well-being. Preventative screenings are the best way to detect common diseases and illnesses early on; and the earlier they are treated, the better the chance of a successful outcome.

Please review the information below, which includes national guidelines for common health screenings based on average population. **Talk with your doctor to determine which screening methods and time frame are right for you.** Use the accompanying chart to reference future screening due dates.

▶ **Colorectal Cancer Screening** *Age: 50 and older*  
Colorectal cancer is the second leading cause of death from cancer, but when found early, the 5-year survival rate is about 90%.

▶ **Breast Cancer Screening** *Age: 40 and older*  
Approximately 1 in 8 women born in the U.S. will get breast cancer sometime in her lifetime, and is the 2<sup>nd</sup> most common type of cancer in women.

▶ **Cervical Cancer Screening** *Age: 21-65*  
Over the last 40 years, the use of the Pap test has increased, and the cervical cancer mortality rate has dropped by more than 50 percent.

▶ **Lung Cancer Screening** *Age: 55-77*  
Lung cancer can be detected in its earlier stages when the tumor is still localized and the five year survival rate is higher at 55-75% with many of these patients being cured.

▶ **Diabetes Prevention and Management** *Age: all ages with Type 1 or Type 2 diabetes*  
There is now extensive information on the optimal management of diabetes, offering the opportunity of improving the immediate and long-term quality of life of those living with the condition.

▶ **Maintaining Healthy Body Mass Index** *Age: 12 and up*  
By maintaining a healthy weight and Body Mass Index (BMI), you reduce your risk of chronic diseases, including heart disease, stroke, Type 2 diabetes, high blood pressure, arthritis, and some forms of cancer.

▶ **Mental Health Screening** *Age: 12 and up*  
Depression is more than feeling sad for a few days- it's a common illness that can be easily treated, and getting help is the best thing that you can do.

	Recommended	Due
<b>Colorectal Cancer</b>	<input type="checkbox"/> Colonoscopy <input type="checkbox"/> Stool Test <input type="checkbox"/> Other _____	
<b>Breast Cancer</b>	<input type="checkbox"/> Mammogram <input type="checkbox"/> Other _____	
<b>Cervical Cancer</b>	<input type="checkbox"/> Pap smear	
<b>Diabetes</b>		
Retinopathy	<input type="checkbox"/> Dilated Eye Exam	
Neuropathy	<input type="checkbox"/> Foot Exam	
Diagnostics	<input type="checkbox"/> Blood (A1C, Glucose)	
	<input type="checkbox"/> Urine (Microalbumin)	
<b>Vaccinations</b>	<input type="checkbox"/> Flu	
	<input type="checkbox"/> Pneumonia	
	<input type="checkbox"/> Td/Tdap	
	<input type="checkbox"/> Hepatitis B	