DINNER WITH A DOC:
Preventive Health Screenings

Presented by
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In Your 20s

- Get a complete physical
- Pap test
- Get tested for STDs
- Check your skin
In Your 30s

- HPV test
- Blood sugar test
In Your 40s

- Cholesterol test
- Consider a mammogram
In Your 50s +

- Mammograms
- Colonoscopy
- Bone density test
- Get a hearing test
Talking to Your Provider

- List your ?s
- Describe your symptoms
- List your medications, including supplements
- List your allergies
- Be honest!
- Planning pregnancy?
- Talk about sensitive topics
- Ask questions about testing and results
- Ask questions about your illness
- Ask about length of treatment, options
- Ask about any meds prescribed
- Bring a trusted friend
- Call ahead if you have special needs
Don’t Forget…

• Every year, preventive exam with a blood pressure check and assessment for screening tests and recommended immunizations
• Pap test every 3 years
• Eye exam every 5 to 10 years
• Check your skin annually for any abnormalities
• Keep track of your immunizations and lab screenings
Women of All Ages- PREVENTION!

- Regular exercise- aim for 150 minutes/week
- Plenty of water
- Fiber! Fruits and vegetables, whole grains
- Dietary calcium sources
- Dietary iron sources during childbearing years
- Vitamin D
National Women’s Health Information Center

- [http://Womenshealth.gov](http://Womenshealth.gov)
- Multiple current fact sheets about screening tests
- Information about who has increased risk and modification of screening guidelines
- Information about decreasing your risk for chronic medical conditions
UI Health Library

- [www.uihealthcare.org](http://www.uihealthcare.org)
- Articles and patient guides covering common health topics
  - Procedures
  - General wellness
Thank you!