

PHYSICALS SAVE LIVES
RECOMMENDATIONS FROM YOUR PROVIDER

ADULT WOMEN

GENERAL HEALTH ASSESMENT

- RISK FACTORS
- FAMILY HISTORY
- HEALTH HABIT EVALUATION

CARDIOVASCULAR RISKS

- BLOOD PRESSURE
- CHOLESTEROL
- BLOOD SUGAR
- OTHER FACTORS

BREAST HEALTH

- BASELINE MAMMOGRAM 35-40 Y.O.
- YEARLY MAMMOGRAM 40+ Y.O.
- COMPLETE BREAST EXAM YEARLY

PAP SMEARS

- EVERY 1-3 YRS DEPENDING ON RISK FACTORS

COLONOSCOPY

- AFTER AGE 50

SKIN SURVEY FOR SKIN CANCER

IMMUNIZATION UPDATES

REMINDER: IF YOU SEE A GYN FOR YOUR YEARLY PAP SMEARS, THIS IS NOT CONSIDERED A COMPLETE PHYSICAL AND MOST INSURANCE'S WILL MOST LIKELY COVER BOTH.

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TESTICULAR & PROSTATE EXAMS

- PSA BLOOD TEST 50+ Y.O. DEPENDING ON RISK FACTORS
- SELF EXAM INSTRUCTIONS

COLONOSCOPY

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IMMUNIZATION UPDATES