

Health screening guidelines for Older Adults:

Source: Mayo Clinic

Women

- Blood pressure checked regularly; aim for 120-139/80-89.
- Pap test; every 2 years. 3 normal tests = every 3 years. If you have had a hysterectomy your doctor may suggest a pap is not needed.
- Cholesterol; every 5 years (use the chart provided on Wednesday).
- Colon screening; every 5 years beginning at age 50 or as recommended by your doctor. Family history requires particular attention.
- Dental check-ups; every 6-12 months, and be sure your dentist checks your face, mouth, neck, tongue, etc for any abnormalities. Flossing is also important as plaque build-up can lead to heart disease.
- Diabetes; fasting blood sugar testing done periodically and repeated if necessary (suggested beginning at age 45).
- Eye exams; done every 2-10 years as recommended by your doctor.
- Osteoporosis; baseline bone density measurement should begin at age 65. Earlier screening is suggested if you have a prior fracture, have a family history or are taking a medication(s) known to affect bone density.
- Weight; check your height, weight and bone density a minimum of once a year, with it being beneficial to monitor your weight more frequently.

Men

- Prostate; ask your doctor about an annual prostate exam and PSA testing, keeping in mind that experts are still debating the value of prostate screenings for otherwise healthy men.
- Abdominal Aortic aneurysm; if you have smoked more than 100 cigarettes in your lifetime see your doctor for an abdominal ultrasound.
- Blood pressure; same as above.
- Colon screening; same as above.
- Dental check-ups; same as above.
- Eye exams; same as above.
- Weight; same as above.
- Diabetes; same as above.

10 symptoms NOT to Ignore:

- 1.** Unexplained weight loss; hyperthyroid, depression, liver disease, cancer, malabsorption disorder.
- 2.** Persistent or high fever (102+ for 3 or more days); may be a sign of a hidden infection (e.g. urinary infection or tuberculosis).
- 3.** Shortness of breath; COPD, chronic bronchitis, asthma, pneumonia or another heart/lung problem.
- 4.** Unexplained changes in bowel habits; bacterial/viral/parasitic infection, inflammatory bowel disease or colon cancer.
- 5.** Delirium/confusion; infection, anemia, low blood sugar, meds or a psychiatric condition needing medical attention.
- 6.** Sudden severe headache; brain tumor, aneurysm or temporal arteritis (inflammation of the arteries in the scalp, brain and/or eyes) .
- 7.** Sudden weakness or loss of speech and/or vision; warning signs of a stroke.
- 8.** Seeing flashes of light; detached retina (could lead to permanent damage).
- 9.** Feeling full after eating very little; irritable bowel syndrome, general stomach problem, esophageal cancer or gastric outlet obstruction.
- 10.** Hot, red or swollen joints; joint infection, gout or arthritis.

Nikki Carrion MA
Owner; FitXpress LLC
800-481-7449 ext. 802
www.fitxpress.com