

****Routine Health Screening Checklist (General)****

****SimplySoundAdvice.com Presents:****

****Routine Health Screening Checklist****

Staying proactive about your health is paramount. Regular screenings can aid in early detection and management of potential health issues.

Use this checklist to keep track of the routine screenings relevant to your age and health profile.



****General Health Screenings****

- **Annual Physical Examination****: General check-up to assess overall health.
- **Blood Pressure Measurement****: To monitor for hypertension.
- **Cholesterol Profile****: To assess cardiovascular risk.
- **Blood Glucose Test****: For early detection of diabetes.



****Immunizations****

- **Flu Shot****: Annually.
- **Tetanus Booster****: Every 10 years.
- **Other Vaccines****: As recommended (e.g., shingles, pneumonia, HPV).



****Vision and Hearing****

- **Eye Exam****: Every 1-2 years, or as advised by your optometrist.
- **Hearing Test****: Especially if experiencing hearing difficulties.



****Heart Health****

- Electrocardiogram (ECG)**: As recommended by your doctor.



Dental Health

- Dental Check-up**: Ideally every 6 months, includes cleaning and oral examination.



Cancer Screenings

- Mammogram**: Generally recommended annually for women starting at age 40.
- Pap Smear**: For cervical cancer screening in women.
- Colonoscopy**: For colorectal cancer; initial screening often at age 50.
- Skin Check**: Annual dermatologist visit for mole check and skin cancer screening.



Bone Health

- Bone Density Test**: Especially for post-menopausal women or others at risk of osteoporosis.



Specialized Screenings (if at risk)

- Thyroid Function Test**: If symptoms suggest thyroid issues.

Prostate Cancer Screening: Discuss with your physician for recommendations based on age and risk factors.

Note: This checklist is a general guideline. It's essential to consult with healthcare professionals for personalized recommendations based on your health history and risk factors.

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