

# FIND IT EARLY

## SCREENINGS THROUGH THE YEARS



You need me, a family doctor. Sometimes I'm called a **primary care physician**. I care for your **acute** healthcare needs and perform routine check-ups.

I learn your **family medical history**, track any treatment and refer you to specialists, if needed. I personalize wellness **screenings** based on your age, gender, health status and **risk factors**.

### WHEN TO START HEALTH SCREENINGS

#### BABIES

Well-baby visits start shortly after birth. I examine your baby, ask about your baby's development and track milestones. These become **well-child visits** and are when your child gets **immunized**.



#### ADOLESCENT AGE 11-14

Height, weight and **body mass index** are important to monitor as your child grows. This is the recommended time to start the human papillomavirus (HPV) vaccine series, before sexual activity begins.



#### YOUNG ADULT WOMAN IN 20s

Reproductive health screenings should begin with a yearly pelvic exam and a Pap test at least every three years. Do a breast **self-exam** monthly to identify changes.



#### YOUNG ADULT MAN IN 20s

Do a monthly **self-exam** for testicular cancer, the most common type of cancer in men age 15-35.



#### WOMAN IN 40s

Early detection is important in the success of breast cancer treatment. Screening includes a mammogram and clinical breast exam.



#### MAN IN 50s

We'll discuss the need for a prostate screening test. The risk of prostate cancer goes up as you age.



#### MAN AND WOMAN IN 50s AND 60s

An **age-recommended** screening at age 50 is for colorectal cancer. Postmenopausal women or men over the age of 50 who have recently broken a bone should consider a bone density test.

When you turn 60, we'll talk about immunizations for shingles, pneumonia and a booster for tetanus-diphtheria-pertussis.



#### ELDERLY MAN AND WOMAN

We do an annual checkup to discuss your sleep habits, eating habits, ear and eye health.



These are guidelines. I personalize the timing of your screening to meet your specific healthcare needs.



### WHAT IT ALL MEANS

**PRIMARY CARE PHYSICIAN** — first to contact — often referred to as family practice or internal medicine doctor.

**ACUTE** — sudden pain or sickness that is not serious or life-threatening.

**FAMILY MEDICAL HISTORY** — one or more blood relatives with a certain health problem can impact a person's risk for that health problem.

**SCREENINGS** — intended to identify diseases when there are no symptoms.

**RISK FACTORS** — factors that make getting a disease more likely and may include family history, age and gender.

**WELL-CHILD VISITS** — scheduled checkups that begin shortly after birth and last through the teen years.

**IMMUNIZED** — also called vaccinated, to make antibodies that fight the illness you are being immunized against. Also helps reduce the spread of disease to others.

**BODY MASS INDEX (BMI)** — a calculation to estimate the effect of weight on health to assess your child's growth.

**SELF-EXAM** — check your body yourself.

**AGE-RECOMMENDED** — testing at specific ages.



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