

Be Well



Hendricks
Regional Health

AT WORK

Protect Your Health with an Annual Health Maintenance Visit

What does an annual Health Maintenance Evaluation address?

An annual health maintenance evaluation is important so that your provider may make recommendations on testing or advice that will keep you in good health. Many people think of the annual physical as a way to address health problems rather than doing an evaluation on how to stay healthy. However, your provider needs this focused time to review your health history and perform a targeted exam. Personalized testing recommendations will be given by looking at your whole health picture, as applicable.

Depending on your personal health history, your provider may choose to focus on certain areas. If you have a family history of heart disease, for example, you may receive additional blood pressure checks, blood tests, and diabetes and cholesterol screenings.

Based on test results, age, and personal health history, the exam is also an opportunity to discuss future prevention measures with your provider.

What does a Health Maintenance visit include?

Updated health history - Your provider will ask for an update on new developments and changes in your health history. This may include questions about your job and relationships, medications, allergies, supplements, and/or surgeries. Your provider will also ask about health behaviors including diet, exercise frequency and duration, alcohol and/or drug use, mental health and stress in your life.

Vital sign checks - This includes blood pressure, pulse and breathing rate.

Vision screening

Physical exam - Your provider will examine you with a focus on problem or high-risk areas identified in your history.

Laboratory tests - Your provider may draw blood for several laboratory tests based on personal health risk or areas identified on your exam. For example, if you have an increased risk of heart attack, heart disease, or stroke, he/she may also request a lipid panel (cholesterol test).

What screening tests may be recommended?

For Women:

Mammogram - If you are age 40 or over, it is recommended that you get a mammogram annually. Earlier and more frequent testing may be recommended based on your personal and/or family history of breast cancer.

Breast exam - A breast exam can be used to check for abnormal lumps or signs of breast cancer.

PREVENTATIVE CARE



Pap smear - The pap smear is a screening for cervical cancer. Women should begin screening at age 21. After that, subsequent screenings are recommended every three years, as long as the woman has a healthy immune system. After 30 years old, pap smears are recommended once every five years, until the age of 65. After age 65, the majority of women no longer require a pap smear.

Pelvic exam - A pelvic exam includes examining the vagina, cervix and vulva for signs of a sexually transmitted infection (STI) or other conditions.

Cholesterol test - Most women should begin regular cholesterol checks at age 45. If you have a history of/or genetic predisposition to diabetes or heart disease, you may need to begin cholesterol checks as early as age 20.

Osteoporosis screening - Bone density scans should begin around age 65. They may begin sooner with certain medical conditions such as fractures.

For Men:

Cholesterol test - Most men are advised to begin regular cholesterol checks at age 35. If you have a history of/or genetic predisposition to diabetes or heart disease, you may need to begin cholesterol checks as early as age 20.

Prostate cancer screening - In general, using the prostate-specific antigen test and digital rectal exam for prostate cancer screening is not recommended, so talk to your doctor. Screening may be advised for some men starting at age 50. It may start as early as age 40 for those with a strong family history.

Testicular exam - If you have pain or a testicular lump, your provider may wish to check each testicle for signs of a problem.

Abdominal Aortic Aneurysm screening - This is a one-time screening done with an ultrasound. It is recommended for all men ages 65-75 who have ever smoked.

For Both Men and Women:

Colon (colorectal) cancer screening - Tests for this type of cancer usually begin at age 50. It may be sooner based on personal health conditions and family history.

Lung cancer screening - An annual low-dose CT scan of the lungs is recommended for both men and women ages 55-80 who have smoked for a significant period of time or who are currently smoking. Talk to your doctor to see if your smoking history warrants a lung cancer screen.

Depression screening - Many people aren't aware of possible symptoms of depression because they can be easily attributed to other things. However, depression screening at your checkup can determine if your symptoms are a result of depression.

Diabetes screening - If you have a family history or risk factors for diabetes — such as being overweight or having high blood pressure or high cholesterol — you should be screened for diabetes. Your doctor may use the fasting blood sugar or A1C test.

Hepatitis C test - All individuals born between 1945 and 1965 are recommended to have a one-time blood test to screen for hepatitis C.

Vaccinations - All adults need vaccinations throughout their lifetime. Talk to your doctor about vaccinations recommended based on your age or medical condition.

Sexually Transmitted Infection screening - Based on your personal sexual history, regular STI screenings may be recommended.

Contact the Wellness Center today by calling (317) 838-WELL or scheduling online at MYCHART.HENDRICKS.ORG.