HEALTH SCREENINGS CAN SAVE YOUR LIFE

Protect yourself today for a healthy tomorrow!
We’ve all heard how eating right and being active are the secrets to a long, healthy life. As important as these are, there’s another factor crucial to keeping you healthy – and that is preventing disease, or treating it in its early stages when it can still be cured! That’s where health screenings come in.

Health screenings are important for everyone, from newborns to seniors. These tests are designed to look for signs that you may be at risk for certain conditions, or to spot early stages of a disease even though you have no symptoms.

Test results will help you identify risks before they become serious health issues. You may simply need a lifestyle change, or treatment of early symptoms.

So don’t wait. Take charge of your health!

The screenings in this guide are highly recommended by the United States Preventive Services Task Force (USPSTF May 2018 revision). Your Doctor’s recommendations may vary based on your risk.
This guide lists the screenings recommended for you and your family, based on age and other factors.

**ALL OF THESE SCREENINGS ARE COVERED BY IEHP.**

Talk to your Doctor during your next checkup about which screenings may be right for you!
Alcohol Misuse: Screening & Counseling
For age 18 and older

Your answers to these screening questions will show if your level of drinking puts you at risk for health problems. If needed, counseling can help you cut down or control your current drinking to avoid dependence in the future.

Blood Pressure Screening
For age 18 and older

While high blood pressure often has no symptoms, it can lead to heart disease and stroke if left untreated. If screening indicates that you have high blood pressure, you can get it under control through lifestyle changes and/or medicine.
Colorectal Cancer Screening
For ages 50 to 75

Colorectal cancer affects the colon and the rectum. Screening can find precancerous tumors so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

Depression Screening
For adolescents ages 12 to 18 and all adults

Depression is a common illness. Most people with depression need treatment to get better. If you are diagnosed with depression, treatment can improve how you feel, and help you better deal with everyday life.

Diabetes Screening
For those ages 40 to 70 who are overweight or obese

This screening will measure the amount of sugar in your blood. If your sugars are abnormally high, you may be referred to counseling for support in eating a more healthful diet and living a more active life. These actions can reduce your chances of getting diabetes.
Hepatitis B Virus (HBV) Screening
For those at increased risk for infection who are not pregnant

HBV is an infection of the liver which can be spread through contact with the blood, open sores, or body fluids of someone who has the virus. Early diagnosis and treatment can protect against liver damage, liver cancer, or liver failure. If you don’t have HBV but think you may be at high risk, ask your Doctor about the hepatitis B vaccine.

Hepatitis C Virus (HCV) Screening
For adults at high risk for infection; screening for those born between 1945 and 1965

Hepatitis C is spread by contact with infected blood. People at risk include health care workers, drug users who share needles and people who had blood transfusions before 1992. Finding out early if you have hepatitis C can prevent the infection from doing long-term damage to your liver. If untreated, hepatitis C can lead to cirrhosis and liver cancer.
HIV Screening
For ages 15 to 65; and those of any age who are at high risk

HIV is spread mainly through unsafe sex or sharing needles with an HIV-infected person. It’s important to find out early if you have HIV. Although there is no cure, the right treatment and support can help you stay well and prevent Acquired Immunodeficiency Syndrome (AIDS) and other complications.

Lung Cancer Screening
For those ages 55 to 80 who smoke or who quit within the last 15 years

Screening for lung cancer with computer imaging (CT scan) in people who smoke, or who have quit within the past 15 years, helps to find cancer at an early stage so that it can be successfully treated.
Obesity Screening and Counseling
For all adults

You can get the help and support you need to lose weight! Losing weight can reduce the risk for illness and early death and improve your health overall.

Abdominal Aortic Aneurysm Screening
One-time screening for men ages 65 to 75 who have ever smoked

The aorta is the major artery supplying blood to your body. An aneurysm is a widening or “bulging” of a blood vessel. This screening checks for a bulge in the aorta as it passes through your abdomen. If there is one, it could get bigger and burst. Early detection of this aneurysm can lead to surgery that could save your life. This surgery is much safer than the emergency repair needed after an aneurysm ruptures.
**Syphilis Screening**  
*For sexually active teens and at-risk adults*

Syphilis is a sexually transmitted infection (STI - a disease spread through unsafe sex). Finding and treating syphilis early can easily cure it and protect against spreading it to others. If not treated, late-stage disease can damage the heart, brain, and other organs.

**Tuberculosis (TB) Screening**  
*For all who have been around someone who has active TB, those who work or live in high-risk settings and children exposed to adults who are at risk*

Tuberculosis bacteria is spread from one person to another through the air. Screening for tuberculosis can detect latent, or “still asleep,” TB so it can be treated before it “wakes up” and becomes active. Active TB can make you very ill and requires a long course of treatment.
**Aspirin as a Preventive Medication**  
*For ages 50 to 59*

For adults at risk for heart and blood vessel disease, aspirin use has been shown to reduce the risk of heart attack and stroke. It can also reduce the risk for colon and rectal cancers.

**Falls Prevention**  
*For ages 65 and older*

Falling is the leading cause of injuries in older adults. Your Doctor may recommend exercise programs that increase your balance and strength. This will help protect your mobility and maintain your independence.

**Tobacco Use Counseling and Interventions**  
*For adults who smoke*

Smoking harms nearly every organ in the body and causes about one in five deaths in the United States every year. Support to quit smoking, such as counseling and medications, can greatly increase your chances of quitting for good.
Healthy Diet and Physical Activity Counseling
For overweight or obese adults who have risk factors for heart and blood vessel diseases

Being overweight or obese puts you at risk for heart and blood vessel diseases. A healthy diet and physical activity may protect you from heart attacks and strokes.

Sexually Transmitted Infections (STIs) Counseling
For sexually-active teens and at-risk adults

This counseling can reduce the chances of getting an STI by helping decrease risky behaviors and encouraging safe sex.

Statin as a Preventive Medication
For ages 40 to 75

If you have abnormally high cholesterol (fats) in your blood or other risk factors for heart disease, your Doctor may recommend “statins,” as well as lifestyle changes (diet and exercise). Statins are drugs that lower the amount of cholesterol your liver makes. This can help protect you from clogged arteries, heart attacks, stroke, or other circulatory problems.
Congenital Hypothyroidism (CH) Screening

For newborns

Congenital hypothyroidism means that a baby’s thyroid gland is not making enough thyroid hormone to support healthy growth and development. Since most infants with CH show no symptoms at birth, this screening is crucial for early diagnosis and treatment within two weeks of birth. If untreated, even mild hypothyroidism can lead to severe learning disabilities and growth problems that cannot be reversed.
Dental Cavity Prevention  
*For infants and children up to age 5*

Good dental care of baby teeth prevents tooth decay that can cause pain and lead to infections. These infections may even spread to other parts of your child’s body. Problems with a baby tooth can also affect the development of adult teeth.

Obesity Screening  
*For children and adolescents age 6 and older*

If your child is overweight, he or she will get support and guidance to reach a healthy weight. This will improve physical health as well as mental well-being. A healthy weight may also prevent health problems later in life.

Phenylketonuria (PKU) Screening  
*For newborns*

This test checks if the baby has the enzyme needed to use “phenylalanine,” an amino acid needed for normal growth and development. Diagnosis soon after birth and early treatment for this missing enzyme can protect your child from brain damage, seizures, and a decreased ability to think and learn.
**Sickle Cell Disease Screening**  
*For newborns*

Red blood cells are usually round. If someone has sickle cell disease, the red blood cells are crescent-shaped. These cells can get stuck in blood vessels and block the flow of blood. These cells often break down as well, causing a shortage of healthy red blood cells, called anemia. Early diagnosis and the start of antibiotics and vaccines by 2 months of age can protect babies with sickle cell disease from dangerous infections.

**Vision Screening**  
*For ages 3 to 5*

If a young child’s eyes cannot send clear images to the brain, his or her vision may become limited in ways that cannot be corrected later in life. It’s vital to find and treat vision problems before visual development is complete.
COUNSELING & PREVENTIVE TREATMENTS

Gonorrhea Prophylactic Medicine
For newborns
This eye ointment protects babies at birth from “pink eye.” At highest risk are those born of mothers with gonorrhea or chlamydia. If not treated, pink eye from gonorrhea can cause severe eye damage and blindness. This treatment can also protect your baby against other common bacteria.

Skin Cancer Behavioral Counseling
For children, parents of young children, adolescents and young adults
This counseling promotes simple sun-safe behaviors for young people with fair skin, ages 6 months to 24 years, to protect against skin cancer.

Tobacco Use Interventions
For school-age children and adolescents
These interventions teach children about the harmful effects of tobacco use before they start or become addicted.
PREGNANT WOMEN

Urine Bacteria Screening
At the first prenatal visit

This test checks for bacteria in the urine. Early treatment lowers your risk of urinary tract infection, which can lead to severe illness for you or the baby, low birth weight, or preterm birth.

Gestational Diabetes Mellitus (GDM) Screening
At 24 to 28 weeks of pregnancy

Some women develop high blood sugar levels during pregnancy. This is known as gestational diabetes mellitus. Since GDM can have no symptoms, screening is very important. If you test positive, you’ll get treatment and counseling to avoid complications for you and your baby during pregnancy and delivery.
Hepatitis B Virus (HBV) Screening
At first prenatal visit

HBV is an infection of the liver which can be spread through contact with the blood, open sores, or body fluids of someone who has the virus. Babies born to mothers who have HBV are at 90 percent risk of getting this lifelong infection if not treated right away when born, or within the first 12 hours of life. If HBV is found early in pregnancy, follow-up care during and after your pregnancy can help assure the best outcomes for you and your baby.

HIV Screening
At any stage of pregnancy, even in labor if never tested

Human Immunodeficiency Virus (HIV) is mostly spread through sex, or by sharing needles or syringes when doing drugs. If you test positive for HIV, treatment greatly reduces the chance of passing this incurable virus to your baby. Treatment can also improve your health, and prevent AIDS and other complications.
High Blood Pressure Screening

Throughout pregnancy

High blood pressure can go from a mild to a life-threatening condition in pregnancy very quickly. Treating high blood pressure can protect your health and the health of your baby.

Blood Type Screening

At first prenatal visit

If your blood type is Rh-negative, and your baby is Rh-positive, your blood may produce antibodies that will destroy your baby’s red blood cells. This poses a great danger of serious complications, and even death, for the unborn baby. Treatment early in your pregnancy can help ensure that both you and your baby stay healthy. If you are Rh-negative, screenings again later in your pregnancy can check the level of antibodies in your blood.

Syphilis Screening

At first prenatal visit; in the third trimester and again at birth for women at high risk

Although usually transmitted through sexual contact, syphilis can be passed from mother to child at any time during pregnancy. Early treatment during your pregnancy can prevent this and protect your baby from serious health problems or death.
COUNSELING & PREVENTIVE TREATMENTS

Breastfeeding Interventions
*During pregnancy or after birth*
You’ll get everything you need to make an informed choice about how to feed your baby. If you choose to breastfeed, you’ll get sound advice and the support you need to make breastfeeding work for you and your baby.

Aspirin for High Blood Pressure Prevention
*After 12 weeks of pregnancy*
If you are at high risk for having blood pressure complications, your Doctor can help you decide if taking low doses of aspirin during pregnancy is right for you.

Tobacco Use Counseling
Quitting smoking when pregnant can protect your baby’s health before and after birth. It lowers the risk of the baby dying before birth, being born too early or too small, and certain birth defects.
WOMEN

Breast Cancer Screening (mammography)
For age 40 and older
A mammogram is a breast X-ray. It can diagnose breast cancer early, when it’s most treatable and when your chance of a cure is much higher.

Cervical Cancer Screening (Pap smear)
For ages 21 to 65
The Pap smear can detect abnormal cells on your cervix early enough so they can be treated before cancer has a chance to develop.

Osteoporosis Screening
For those age 65 and older, and younger women who are in menopause
Osteoporosis is a disease that makes your bones brittle and prone to fracture. X-ray tests help find the condition of thinning and weak bones so Doctors can provide treatment to prevent further bone loss and protect you from fractures.
Chlamydia Screening and Gonorrhea Screening

*For those age 15 to 24 if sexually active; and older women if at increased risk of infection*

Chlamydia and gonorrhea are both sexually transmitted infections (STIs). When caught early, chlamydia or gonorrhea can be treated to protect you from pelvic inflammatory disease (PID), an infection of the reproductive organs. PID can cause problems getting pregnant, problems during pregnancy, and long-term pelvic pain.

Intimate Partner Violence (IPV) Screening

*For women of childbearing age*

IPV screening questions can help you identify any experience of physical or mental abuse. They also offer you the option to get the help you may need to protect your health or your life. Even if you do not feel comfortable talking about IPV, you can get information to use when you need it. This can help prevent serious abuse in the future.
Breast Cancer Risk Assessment

This screening estimates your risk for breast cancer based on personal and family history. If at risk, you may be referred to a genetic counselor for support, and possibly for tests that check for harmful changes in your genes that could lead to cancer.

Breast Cancer Preventive Medications

If a risk assessment shows that you are at increased risk for breast cancer, your Doctor may prescribe medicines to reduce your risk.

Folic Acid Supplementation

*For women who are planning or capable of pregnancy*

A daily dose of folic acid can help prevent birth defects that affect the baby’s brain and spinal cord. Because pregnancies are sometimes unplanned, it’s a good idea for all women to take folic acid every day.