

# Get Screened:

## Take charge of your health. Take charge of your life.

There are tests that we should all get on a regular basis. Are you up to date with yours? The following is a list of tests that help determine your risk for heart disease, stroke, diabetes, cancer and injuries. Talk with your health care provider to learn how you can reduce your chances of getting these diseases or getting hurt. Learn more about 2014 screening recommendations at [www.SafeAndHealthyMe.alaska.gov](http://www.SafeAndHealthyMe.alaska.gov).

**Tobacco Use:** Every time you get health care, talk to your health care provider if you use tobacco products.

**Weight:** Get your height and weight measured at least yearly. Talk about changes with your health care provider.

**Blood Pressure:** Get your blood pressure checked at least every 2 years. Get checked yearly if it is 120/80 or higher, if you use tobacco, are overweight, or have heart disease in your family.

**Slips and Falls:** If you are 65 or older, talk with your provider every year about your risk of falling. *Timed Up and Go* tests how long it takes for you to stand up from a chair, walk at your usual speed to and from a marker 10 feet away, and sit back down.

**Blood Sugar:** Start getting blood sugar tests at age 45 and get tested every 3 years, especially if you are overweight and/or exercise fewer than 3 days a week. Start younger and get tested more often if your blood pressure is over 130/80, if you are Hispanic/Latino or are not white, if you delivered a baby weighing more than 9 pounds at birth, or if you have a family member with diabetes.

**Cholesterol:** Start getting your cholesterol tested at age 35 if you are a man and at age 45 if you are a woman. Get a test at least every 5 years and more often if you use tobacco, are overweight, or if someone in your family has heart disease.

**Aspirin Use:** Men ages 45-79 and women ages 55-79, talk with your provider at least every five years about your risks and reasons for taking aspirin to prevent heart disease or stroke.

**Mammogram:** Women ages 50-74 should get a mammogram every other year. Start younger or get one more often if someone in your family has had breast cancer.

**Pap Smear:** Women ages 21-65 should get a Pap smear every three years, and more often if you had a positive result on an earlier test.

**Colon Cancer:** Start your colon cancer screening at age 50, or earlier if someone in your family has had colon cancer. If you are an Alaska Native, your colon cancer screening should start at age 40. Tests include colonoscopy, sigmoidoscopy and fecal occult blood test; each has different recommendations. Talk with your health care provider to find out which test is best for you.

