

**Get Screened: Take charge of your health.**  
**Take charge of your life.** The following tests 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 it 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.

# Get Screened:

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**Get Screened: Take charge of your health. Take charge of your life.** This table offers very basic information about how to interpret some of your test results.

Act on this information to keep healthy now and later. If you have questions, talk with your health care provider.

To learn more about screening, visit [www.SafeAndHealthyMe.alaska.gov](http://www.SafeAndHealthyMe.alaska.gov).

*Turn this page over to learn more about each test and how frequently you should have it done.*



Screened for	Test Used	Keep it up!	Talk with your provider	
		Healthy Range:	Caution:	At risk:
<b>Tobacco Use</b>	Do you use it?	No	Yes Quitting tobacco is the <b>best thing</b> you can do for your health! <b>Alaska's Tobacco Quit Line: 1-800-QUIT-NOW</b>	
<b>Weight</b>	Body Mass Index (BMI)	18.5-24.9	25-29.9	30 and above
<b>Blood Pressure</b>	Blood Pressure	Under 120/80	120-139/80-89	If under 60 yrs.: $\geq 140/90$ If 60 yrs. or older: $\geq 150/90$
<b>Slips and Falls</b>	Timed Up and Go	Finish in under 12 seconds	Longer than 12 seconds to finish, <i>or</i> you have been injured from a fall in the past six months	
<b>Blood Sugar (glucose)</b>	Fasting Blood Sugar	70-99 mg/dL	100-125 mg/dL	Over 125 mg/dL
	A1c	Under 5.7%	5.7% – 6.4%	Over 6.5%
<b>Cholesterol (fats in your blood)</b>	Total	Under 200 mg/dL	200-239 mg/dL	Over 240 mg/dL
	LDL– bad	Under 100 mg/dL	100-129 mg/dL	Over 130 mg/dL
	HDL – good	Over 60 mg/dL	Men: 40-59 mg/dL Women: 50-59 mg/dL	Men: under 40 mg/dL Women: under 50 mg/dL
	Triglycerides	Under 150 mg/dL	150-199 mg/dL	Over 200 mg/dL