



Recommended Preventive Services for Men, Women and Children

Your health is important.

Because the Youens and Duchicela Clinic believes this, the following is brought to you in an effort to provide wellness information that you can use to help manage and maintain your health.

This week, the focus is on types of routine wellness screenings available for men and women.

A family physician can not only provide treatment during an illness but also provide routine check-ups, tests, and advice to keep you well. These services are available to men, women, and children, but there is some difference in the type of recommended services for each.

According to the American Academy of Family Physicians (AAFP), the following preventive services are recommended for women:

Adult women should have their weight, blood pressure and cholesterol levels checked regularly.

Adult women should have a Pap test at least every 3 years to screen for cervical cancer starting at age 21 or approximately 3 years after they have sex for the first time.

After the age of 40, women should have a mammogram every 1 to 2 years to screen for breast cancer. After the age of 50, women should also be tested for colorectal cancer.

The AAFP also recommends the following preventive services for men:

- Adult men should have their weight, blood pressure, and cholesterol levels checked regularly.
- After the age of 50, men should be tested for colorectal cancer.



Children's health is important, and family physicians offer a wide range of preventive and educational services to aid in their growth and development. One of the most important preventive services is vaccines. Vaccines help protect children from diseases such as polio, measles, and mumps; full vaccination schedules can be obtained from your doctor given the age of your child.

In addition to vaccinations, a family physician can also provide help in the areas of

- **Childhood accident and injury prevention**
- **Healthy eating and exercise habits**
- **Care of teeth and gums**
- **Learning how to talk to your children about the dangers of drugs, alcohol, and tobacco**
- **Tips in talking to teenagers about avoiding pregnancy, sexually transmitted infections, and AIDS**

The above lists are simply guidelines. More direct services may be needed if you are battling a chronic illness or in a special-needs state such as living with a disability or currently pregnant. Also, if you have a specific health concern, communicating this to your doctor can result in help.

For more information on the services listed above or to read more recommendations from the AAFP, access www.familydoctor.org and search "preventive services."

The information provided here is not to be used as a substitute for medical attention. Remember that, should you have specific medical questions or desire more information, contact your doctor.