

Take a Loved One for a Checkup Day

OCTOBER 16, 2007



Screening for Your Health <i>It's important to keep track of the dates and the results of when you have these exams.</i>
Blood Profile Age 18 – every 2 years Age 25 – every 5 years Age 40 – every 3-5 years
Blood Pressure Age 18 – every 3-5 years Age 50 – every year
Colorectal Exams Age 40 every 3-5 years
Urinalysis Every 5 years
Pelvic Exam/Pap Test Sexually active or age 18+ Every 1-3 years
Sexually Transmitted Diseases Every 6 months or per risk
Breast Exam (by a nurse or doctor) Age 18 – every 3 years Age 40 – every year
Breast Self-Exam Every Month
Dental Every Year
Blood Sugar Every 5 years
Cholesterol Age 40 – every 5 years
Hidden Blood in Stool Age 40 every year
Mammogram Age 40 – every 1-2 years Age 50 – every year
Thyroid Function Age 40 – every year
Vision/Glaucoma Age 40 every 3-5 years
Electrocardiogram EKG Age 50 – every year
Bone Mineral Density Age 50 – per risk
Hearing Age 50 - periodically

The third Tuesday of October each year is part of a national campaign encouraging African Americans to see a health care provider or to make an appointment for the near future. It is a common practice to wait until there is an emergency before consulting a physician.

Some of us need that extra little motivation, that little push or handholding to deal with health issues. Maybe that person is your spouse, your parent or sibling. Maybe it is the one who sits in the pew next to you each Sunday or your favorite teacher. Maybe it is YOU.

Resolve to be a Healthier YOU!

While it is important for everyone to take care of their health, NBCAL is targeting this message to African Americans because they are disproportionately impacted by a number of preventable diseases.

The few hours taken to see a health care provider before a major health problem occurs is an investment in yourself that could add precious years to spend with those you love. Take the time to schedule your annual Pap smear, mammogram, routine physical exam or to check out that ailment you've been trying to ignore. Enter Health Links & Hotlines on the computer to find a local community health center for free or low cost screenings and care.

Take a Loved One for a Checkup Day is a life project of the National Black Catholic Apostolate for Life

www.blackcatholicsforlife.org

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