

# an ounce of prevention

screening catches problems **before** they become issues

adults  
every  
year



weight  
height



vaccine  
review



blood  
pressure



exercise  
review

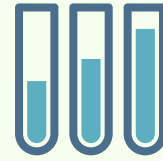


diet  
review

adults  
over 40  
every 2



personal  
cardiac risk



blood work for  
diabetes check



blood work for  
cholesterol check

adults  
over 50  
every 2

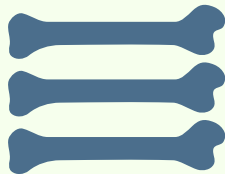


mammogram for  
breast cancer

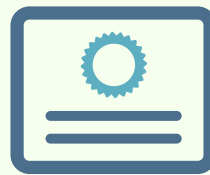


stool test for  
colon cancer

adults  
over 65  
once



bone  
density



discuss  
goals of care



AAA  
screen



pneumonia  
vaccine

♀ ♂  
every 3  
years



pap test for  
cervical cancer