

Here's to Good Health in the New Year!

Recommendations for health screening

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As we start the New Year, we begin once again focus on resolutions of health, fitness, and hope for the future. Planning for your health needs ahead is a great way to begin the year. Fortunately many health providers follow a set of recommended screening guidelines that provide you the opportunity to plan for the health care services that you will need in the coming year.

For all women over the age over the age of 18 an annual wellness exam is recommended. This exam will include measurement of height, weight, blood pressure, and calculation of body mass index. Additionally a physical exam may include evaluation of the neck and thyroid, heart, lungs, skin, breasts, abdomen, and pelvis. A pap test may also indicated, but check with your health provider as to your recommended screening interval as the guidelines vary depending on your age, and health history.

Wellness labs are also indicated on a regular basis for women and may be done on a varied schedule depending on your personal and family history. Annual screening for breast cancer with mammogram testing should begin for all women by the age of 40, and screening for colon cancer should begin for all women by the age of 50. Additionally screening for sexually transmitted diseases should occur anytime a new partner is encountered, or at least annually for all women under the age of 25.

Many of us are focused on financial fitness as we seek to manage our money more effectively, yet what is more important than planning for our health? Take time to estimate your health care budget as well and plan for good health and financial fitness together! When you speak to the nurse at your next visit, ask them to have your provider review your personal and family history and provide you with a breakdown of screening recommendations specific to you for the coming year. This will also be a great time to update your provider on any new changes to your health history as well. Here's to the best of health in the New Year!