



## *The Road to Better Health*

These preventive measures are recommended to help maintain good health. Your health care provider may suggest other guidelines based on your personal or family health history. If you have questions or concerns about this information, talk with your health care provider.

### **Blood pressure**

Blood pressure should be less than 120/80 for adults. Ask your health care provider how often your blood pressure should be checked.

### **Cancer**

*Breast* — Women should have a mammogram every one to two years beginning at age 40, and then yearly after age 50.

*Cervical* — Women should have a PAP smear at least every three years beginning at age 21 or within three years after beginning sexual intercourse. Females, age 9 to 26 years, should consider receiving the human papillomavirus (HPV) vaccine.

*Colon* — Starting at age 50, men and women should have colon cancer screening regularly. Many screening options are available; how often you should have them depends on the screening method used. Talk to your health care provider about what is the best screening method for you and how often you should be screened.

### **Cholesterol**

Have your cholesterol checked once after you turn 20 years old. After age 35 for men, and age 45 for women, have it checked every five years.

### **Diabetes**

You should be screened for diabetes beginning at age 45, and then again every five years.

### **Osteoporosis**

Women should be screened for osteoporosis beginning at age 65.

### **Tobacco**

Do not use tobacco. If you use tobacco, ask your health care provider about resources to help you stop. Avoid exposure to secondhand smoke.

## Vaccinations

*Childhood* — All children should have vaccinations beginning in infancy. Talk about vaccinations with your child's health care provider.

*Influenza* — The following people should receive an influenza (flu) vaccine yearly during the fall or winter months:

- Adults age 50 and older
- Adults and children with chronic health conditions
- All children ages 6 months to 5 years
- If you are in an occupation in which you are frequently exposed to illness (such as day care or health care)

*Pneumonia* — People age 65 and older, and adults and children with chronic health conditions, should be vaccinated for pneumonia. You need a booster if you received the first vaccination before age 65 and it has been five years since you had one.

*Tetanus-diphtheria (Td)* — Adults should receive a tetanus-diphtheria vaccination every 10 years. For adults younger than 65, at least one of these should include a combined tetanus, diphtheria and pertussis vaccination (Tdap).

Other steps to take on your road to better health:

- Eat well to maximize your body's fuel for everyday tasks. Aim for a variety of nutritious foods in healthy portions. Try to eat five or more servings of fruits and vegetables every day.
- Decrease the amount of fat in your diet. Increase your fiber intake.
- Get enough calcium in your diet.
- Exercise. All healthy adults need:
  - Moderate-intensity aerobic physical activity at least 30 minutes per day at least five days a week.

OR

- Vigorous-intensity aerobic physical activity at least 20 minutes per day at least three times a week.

You can do a combination of moderate and vigorous activity to achieve your goals.

- Limit alcohol intake.  Don't drink and drive.
- Complete an advance directive.  Wear a seat belt.
- Limit ultraviolet light exposure. Limit sun and tanning bed exposure. Wear sunscreen with a minimum sun protection factor (SPF) of 30.

