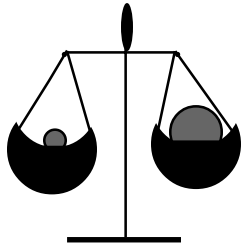


# Preventive Health Care Guidelines For Adults



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**An ounce of prevention  
is worth  
a pound of cure**

## Ten Tips For Healthy Living

1. Do not smoke. Keep matches and lighters away from children. Use smoke detectors in your home, and have a fire-escape plan.



2. Be safe! Buckle up! Use infant and child car seats. Teach children street and traffic smarts! Use bicycle helmets. Practice injury prevention.



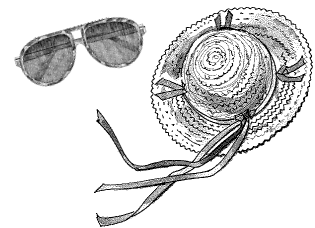
3. Get exercise at least 30 minutes 5 to 7 times a week. Check with your health care provider first. Walking is a good, simple way to get your exercise.

4. Eat a healthy, balanced diet that is high in fiber and low in fat and salt. If you drink alcohol, have no more than two drinks a day.



5. Protect your skin from the sun. Use sun block, hats and shirts. Don't tan or burn.

6. Practice safe sex to prevent sexually transmitted diseases and unwanted pregnancies.



7. Stay away from illegal or street drugs.



8. Keep your blood pressure within normal limits.



9. Reduce stress. Think positively! If you feel nervous or sad most of the time, see your health care provider or a counselor.

10. Follow these preventive health guidelines. Keep all your health care appointments.

**If you have any questions, ask your health care provider**

**(over)**

# Preventive Health Guidelines For Adults

These are basic guidelines.

Please talk to your Health Care Provider (HCP) for more information.

Sex	What You Can Do	What to Have Done
<b>Both Male &amp; Female</b>	<ul style="list-style-type: none"> <li>• Tell your health care provider if you have moles or spots that change shape or color.</li> <li>• If you have a family history of diabetes, ask your health care provider about testing for diabetes.</li> </ul>	<ul style="list-style-type: none"> <li>• Cholesterol check at least every five years.</li> <li>• Blood pressure check at least every other year.</li> <li>• Dental checkup &amp; teeth cleaning at least yearly.</li> <li>• Glaucoma &amp; vision testing yearly after age 40.</li> <li>• Stool for occult blood every year after age 50.</li> <li>• Sigmoidoscopy every 3-5 years after age 50.</li> </ul> <p style="text-align: center;"><b>Immunizations</b></p> <ul style="list-style-type: none"> <li>• Tetanus every 10 years.</li> <li>• Flu shot yearly after age 60 or high risk.</li> <li>• Pneumonia vaccine after age 60 or high risk.</li> <li>• Hepatitis A vaccine (2 shots) and Hepatitis B vaccine (3 shots) – ask your HCP.</li> <li>• Tuberculosis (TB) skin test – ask your HCP.</li> </ul>
<b>Female Only</b>	<ul style="list-style-type: none"> <li>• Self breast exam every month</li> </ul>	<ul style="list-style-type: none"> <li>• Breast exam yearly and pelvic exam every year.</li> <li>• PAP smear every 1-3 years – ask your HCP.</li> <li>• Self breast examination teaching.</li> <li>• Mammogram every year or 2 after age 40.</li> </ul>
<b>Male Only</b>	<ul style="list-style-type: none"> <li>• Self testicular exam every month</li> </ul>	<ul style="list-style-type: none"> <li>• Testicular exam every year.</li> <li>• Self testicular examination teaching.</li> <li>• Prostate exam every year after age 40 if history of cancer.</li> <li>• Prostate exam after age 50.</li> </ul>