



## Men's Health Screening

There are several health conditions that require periodic screening. Your physician can recommend specific tests based on your age and personal and family medical history. Below is a list of tests, exams and routine care that men should speak with their physician about.

**Blood Pressure:** A healthy blood pressure is generally considered <130 for systolic and <80 for diastolic but there are many factors that must be considered for each individual. Discuss your specific target blood pressure with your health care provider.

**Cholesterol and other lipids:** High cholesterol and other lipids (fats) can cause strokes and heart attacks. Men age 35 and older should be screened for lipid disorders. It is recommended that men ages 20-35 be checked for lipid disorders if they are at increased risk for coronary heart disease.

**Diabetes:** High blood sugar can cause problems with your heart, brain, eyes, feet, kidneys and nerves. Adults who are overweight, have family history of diabetes or have other risk factors should be screened for diabetes annually.

**Overweight or obesity:** Being overweight or obese can lead to diabetes, heart disease and high blood pressure. Excess fat around the waist is a marker for increased risk. Body mass index (BMI\*) also is helpful to know. If your waist circumference is greater than 40 or your BMI is 30 or higher, talk to your doctor about getting help with changing your behaviors to lose weight.

**Immunizations:** Get a flu shot every year. If you are 65 years or older or have a chronic condition like diabetes, get a pneumonia shot. A tetanus booster is recommended every 10 years and should include the whooping cough (pertussis) vaccination if you are around small children. The two-dose shingles vaccine is recommended for all adults 50 years and older.

**Colorectal cancer:** Have a screening test or exam for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be checked earlier.

**Testicular cancer:** If detected early, testicular cancer is one of the most curable forms of cancer. Speak with your physician about testicular self exams and any risk factors you may have.

**Prostate cancer:** Men in good health and without risks should talk to their doctor at age 50 about screening. If you have a family history of prostate cancer or are African-American, begin these discussions at age 40.

Talk to your physician about your particular risk factors and how often you should be screened for any condition you are concerned about. Please refer to your Blue Cross and Blue Shield of Kansas contract for information about preventive care coverage.

\*BMI = weight (lb.) x 703 divided by height (in.), then divided by height (in.) again



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## Women's Health Screening

There are several health conditions that require periodic screening. Your physician can recommend specific tests based on your age and personal and family medical history. Below is a list of tests, exams and routine care that women should speak with their physician about.

**Blood Pressure:** A healthy blood pressure is generally considered <130 for systolic and <80 for diastolic but there are many factors that must be considered for each individual. Discuss your specific target blood pressure with your health care provider.

**Cholesterol and other lipids:** High cholesterol and other lipids (fats) can cause strokes and heart attacks. Women age 45 and older should have a fasting lipid lab test to screen for lipid disorders. Women ages 20-45 who are at an increased risk for coronary heart disease should speak to their doctors about screening.

**Diabetes:** High blood sugar can cause problems with your heart, brain, eyes, feet, kidneys and nerves. Adults who are overweight, have family history of diabetes or have other risk factors should be screened annually.

**Immunizations:** Get a flu shot every year. If you are 65 years or older or have a chronic condition like diabetes, get a pneumonia shot. A tetanus booster is recommended every 10 years and should include the whooping cough (pertussis) vaccination if you are around small children. The two-dose shingles vaccine is recommended for all adults 50 years and older.

**Colorectal cancer:** Have a screening test or exam for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be checked earlier.

**Overweight or obesity:** Being overweight or obese can lead to diabetes, heart disease and high blood pressure. Excess fat around the waist is a marker for increased risk. Body mass index (BMI\*) also is helpful to know. If your waist circumference is greater than 35 inches or your BMI is 30 or higher, talk to your doctor about getting help with changing your behaviors to lose weight.

**Mammogram:** In addition to regular self exams, clinical breast exams performed by a health care provider and annual mammograms should begin at age 40 or as recommended by your physician. Some providers may request a baseline mammogram prior to age 40 based on health history

**Pap test:** Women ages 21 to 29 should get a Pap test every three years. Women ages 30-64 should get a Pap test combined with an HPV test every five years. Women age 65 and older, who have had regular screenings in the previous 10 years and haven't had any serious pre-cancers in the past 20 years, may stop cervical cancer screening.

**Osteoporosis screening (bone density):** Screening for osteoporosis should be done on all women 65 and older, as well as younger postmenopausal women with known risk factors and health history.

Talk to your physician about your particular risk factors and how often you should be screened for any condition you are concerned about. Please refer to your Blue Cross and Blue Shield of Kansas contract for information about preventive care coverage.

\*BMI = weight (lb.) x 703 divided by height (in.), then divided by height (in.) again



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