

Condition	Why It's Important to Have the Condition Screened	Screening Recommendations
Aortic Abdominal Aneurysm (AAA)	A smoking history greatly increases risk. An undetected aneurysm that ruptures has a high mortality rate.	Men between ages 65 and 75 who have ever smoked should have an ultrasound screening for the presence of AAA.
Prostate Cancer	Prostate cancer accounts for 25 percent of all male cancers. Most cases of prostate cancer occur in men older than 50, and two out of three cases are in men over 65.	The American Cancer Society recommends that men begin prostate cancer screening at age 50 with an annual digital rectal exam of the prostate and possible PSA blood test. Men at high risk, such as African-American men or those with a close blood relative who had prostate cancer before age 65, should begin screening at age 45.
Colorectal Cancer	Colorectal cancer is the second leading cause of cancer-related deaths in the US. Early detection can drastically reduce the likelihood you will die from the disease.	At age 50, men and women at average risk of developing colorectal cancer should talk to their doctor about using one of the following cancer prevention screening test options: <ul style="list-style-type: none"> • Colonoscopy every 10 years • CT colonography every five years
Diabetes	Diabetes is associated with long-term complications that affect almost every part of the body. If detected early enough, you can prevent or delay the onset of type 2 diabetes and the complications.	Men and women should be screened for type 2 diabetes if their blood pressure is over 135/80 mm Hg.
High Blood Pressure	High blood pressure increases the risk of stroke, heart attack, heart failure, and other problems. The only way to tell if you have high blood pressure is to have it checked. There are no symptoms.	Male and female adults aged 18 and over should have their blood pressure checked as part of their annual physical. If you have high blood pressure your doctor will determine how often you need to have it checked.
High Cholesterol	High cholesterol causes most of the same problems as high blood pressure.	Starting at age 20 until age 35, men and women should have a cholesterol test if they are at increased risk for heart disease. Starting at age 35 and older, you should have a cholesterol test at your yearly physical.
Lung Cancer	Lung cancer is the third most common cancer and the leading cause of cancer-related death in the U.S.	Annual screening with low-dose computed tomography (LDCT) is recommended for men and women aged 55 to 80 years who have a 30 pack-years smoking history and currently smoke or have quit within the past 15 years.



healthy checklist tick using whiteboard marker

M	T	W	T	F	S	S	Did you...
							Eat Breakfast
							Breakfast was high fibre, low fat, low salt and low sugar
							Drink plenty of water
							Do 30 minutes of moderate physical activity
							Do a second 30 minutes of moderate physical activity
							Include some vigorous activity (get puffed)
							Spend less than 2 hours watching an electronic screen
							At NO time sit continuously for longer than 55 minutes
							Eat 3 serves of vegetables
							Eat another 2 serves of vegetables
							Eat 2 serves of fruit
							Eat some low fat dairy or calcium enriched product
							Eat lean meat, fish, legumes, eggs or nuts
							Eat wholegrain cereal, bread, rice, pasta or noodles
							Eat or drink NO MORE than 2 serves of "sometimes" foods
							TOTAL - add up your weekly score

How does my weekly total rate?

0-50	51-85	86-105
Try harder next week.	Good work, see if you can do even better next week!	Excellent! Keep it up!



WELLNESS CHECKS



PHYSICAL EXAM CHECKLIST

1) GENERAL APPEARANCE () NORMAL () ABNORM	2) INTEGUMENTARY () NORMAL () ABNORM	3) MUSCULOSKELETAL () NORMAL () ABNORM	4) CIRCULATORY () NORMAL () ABNORM
5) RESPIRATORY () NORMAL () ABNORM	6) DIGESTIVE () NORMAL () ABNORM	7) GENITOURINARY () NORMAL () ABNORM	8) EYES () NORMAL () ABNORM
9) EARS () NORMAL () ABNORM	10) NEURAL SYSTEM () NORMAL () ABNORM	11) LYMPH NODES () NORMAL () ABNORM	12) MUCOUS MEMBRANES () NORMAL () ABNORM

T _____ P _____ R _____ Wt. _____ DIET: _____

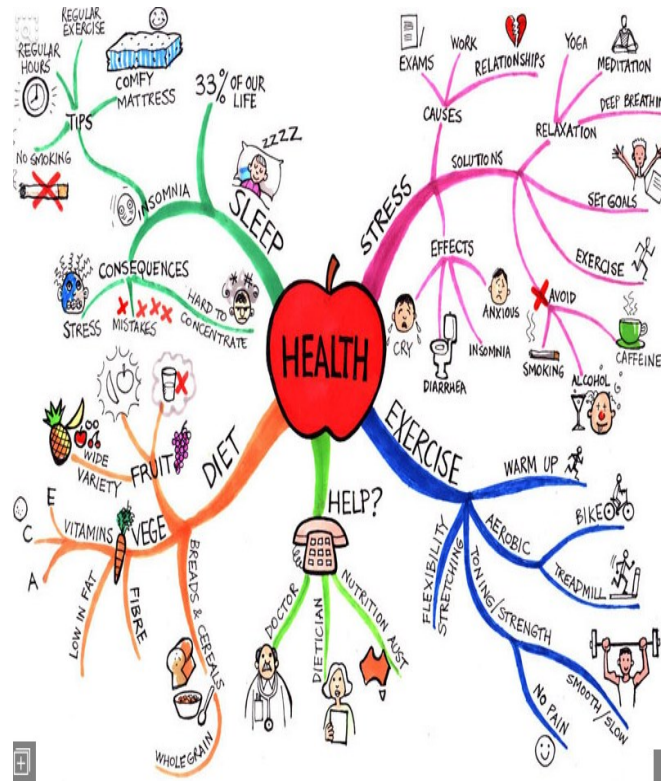
OTHER: _____

LR-40A

Annual Medicare Wellness Visit

Annual Physical Exam

Medical history	✓	
Physical exam		✓
Review of risk factors for illness	✓	
Blood work, lab tests		✓
Personalized prevention plan	✓	
Medication review	✓	
Address new health problems		✓
Vaccinations		✓
Co-payment		✓



Cancer Screening Guidelines

Cancer	Test	Age	Usual Frequency	USPSTF Level
Colorectal	Colonoscopy	50-75	Every 10 years	A STRONGLY RECOMMENDED
	Sigmoidoscopy (an alternative to colonoscopy)	45-75 for African-Americans (ACG) 50-75	Every 5 years	A STRONGLY RECOMMENDED
	Fecal occult blood test (an alternative to colonoscopy)	45-75 for African-Americans (ACG) 50-75	Annually	A STRONGLY RECOMMENDED
Breast	Mammogram	40-49 (ACS, ACOG, ACR)	Annually	C UNCERTAIN
	Mammogram	50-74	Every 1-2 years	B RECOMMENDED
Cervical	Pap smear alone or Pap smear with HPV test	21-65	Every 3 years if just Pap smear is done Every 5 years if both Pap smear and HPV test are done	A STRONGLY RECOMMENDED

My Test Results

Chlamydia	<input type="checkbox"/> Blood - Metabolic (21)
Hepatitis B	Glucose (mg/dL)
Hepatitis C	Fructosamine (mMol/L)
Gonorrhea	Urea Nitrogen (BUN) (mg/dL)
Herpes Simplex Virus Type I	Creatinine (mg/dL)
Herpes Simplex Virus Type II	eGFR (mL/min)
HIV-1 Antibody	Calcium (mg/dL)
HIV 1/0/2 Abs, Qual	Sodium (mMol/L)
Syphilis	Potassium (mMol/L)

* MEN'S HEALTH

1 out of 5

MEN IN THE U.S. WILL BE DIAGNOSED WITH PROSTATE CANCER.

But if detected early, it is usually curable.

"Early stages of prostate cancer often show no signs or symptoms," says **William Lowrance, M.D., M.P.H.**, a urologist at University of Utah Health Care. "So it's important for men to be proactive and consider getting screened with a PSA blood test."

The National Comprehensive Cancer Network recommends men consider a baseline prostate-specific antigen (PSA) screening beginning at age 45. Discuss with your doctor the risks and benefits of PSA screening for prostate cancer.