

live well, work well

Health and wellness tips for your work, home, and life—
brought to you by the insurance and healthcare specialists at
Moreton & Company

Women's Health: Preventive Screenings

Part One

Bone Density Test

This test measures the density of your bones (your lower back, hip region, wrist, and heel) to help determine your risk of developing osteoporosis, a disease characterized by a loss of bone mass, which makes bones more fragile and likely to break. The U.S. Preventive Services Task Force (USPSTF) recommends that women age 65 and older be routinely screened. The USPSTF also suggests that routine screenings begin at age 60 for women with an increased risk.

Dental Exam

The American Dental Association recommends regular dental check-ups in which your dentist examines your teeth and gums. Regular dental exams will help detect tooth decay and oral cancer. In addition, your dentist can evaluate your bite, as well as determine problems such as grinding your teeth or problems with your jaw joint.

Eye Exam

Eye examinations can determine whether you need glasses or contact lenses, and can identify new vision problems such as glaucoma, macular degeneration, and cataracts. The American Academy

of Ophthalmology (AAO) recommends the following screening schedule:

- At least once between ages 20 and 39.
- Every two to four years between ages 40 and 45.
- Every one to two years beginning at age 65.

Hearing Test

A hearing test determines if you have hearing loss. The American Speech- Language-Hearing Association recommends screening at least every 10 years through age 50, and every 3 years after age 50.

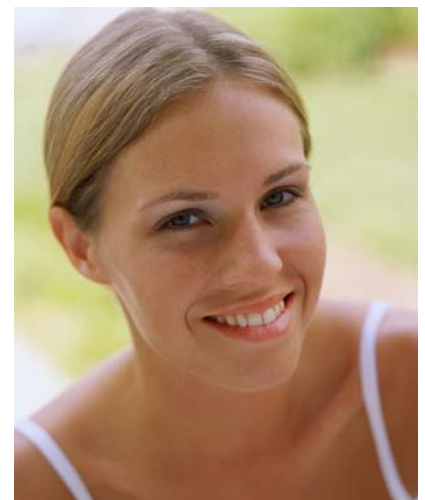
Skin Exam

To check for skin cancer, your doctor will examine your skin from head to toe, looking for moles that are irregularly shaped, have varied colors, are asymmetric, are greater than the size of a pencil eraser, or have grown or changed since your last visit. The ACS recommends you have a skin exam every 3 years

between the ages of 20 and 40, and every year after age 40. It is also important to check your own skin once a month.

Blood Pressure Screenings

Healthy women with normal blood pressure (119/79 or below) should receive blood pressure screenings at least every 2 years. Preventive screening of blood pressure can lead to early detection of high blood pressure.



Did you know...?

Preventive care, including regular doctor visits, is important for everyone. Women in particular should visit their doctors regularly in order to talk about their overall health, ask questions, establish a relationship with their doctor, and above all get the recommended preventive health screenings.