

## for Lifestyle Diseases

### KNOW YOUR FAMILY HISTORY!

**Do you know if members of your immediate family (biological parents, grandparents or siblings) have been diagnosed with a lifestyle disease?**

If so, then you may be at higher risk of developing the disease yourself!

**If you have a family history of lifestyle diseases you should talk to your healthcare provider about getting screened.**

### WHAT SHOULD YOU GET SCREENED FOR...

	CONDITION	TEST	KNOW YOUR NUMBERS
<b>TODAY</b>	<b>Diabetes</b>	Fasting glucose Hemoglobin A1C	What was your Hemoglobin A1C last time?
	<b>High Blood Pressure</b>	Blood pressure	What was your blood pressure the last time it was taken?
	<b>Liver Disease</b>	Liver function blood test	When did you last have your liver checked? Were the test results in the normal range?
	<b>High Cholesterol</b>	Lipid panel	Was your cholesterol in the normal range the last time it was taken?
	<b>Kidney Disease</b> <i>If you are at high risk</i>	Albumin/Creatine urine test GFR Blood test	When did you last have your kidneys checked? What was your Albumin & GFR?
	<b>Lung Cancer</b> <i>If you are a smoker or have a history of smoking talk to your provider about when to start screening.</i>	Chest X-ray/CT scan	What age did you start smoking? How long have you been a smoker?
	<b>Colon Cancer</b> <i>If you have a personal or family history of colon cancer, talk to your provider about when to begin screening, which test is right for you, and how often to get tested.</i>	Colonoscopy	When did you last have a colonoscopy?
<b>at age... 45</b>	<b>Breast Cancer</b> <i>If your mother or sister has had breast cancer, then you should start getting screened at age 30.</i>	Mammogram or breast ultrasound	When was your last ultrasound?
	<b>Prostate Cancer</b> <i>If you are an African American man with a family history</i>	Digital rectal exam and PSA test	When did you last have your prostate checked?
<b>at age... 50</b>	<b>Colon Cancer</b> <i>If you have a family history of colon cancer, you should get screened as soon as possible, even if you are under 50.</i>	Colonoscopy	When did you last have a colonoscopy?
	<b>Prostate Cancer</b>	Digital rectal exam and PSA test	When did you last have your prostate checked?
<b>at age... 65</b>	<b>Bone disease in women</b> <i>Men: Age 70 (Unless you have risk factors, talk to your provider.)</i>	Bone scan	When was your last bone scan?