

LifeSolutions® Corner

6 health screenings to help women prevent disease



DON'T LET HEART DISEASE, STROKE, AND OTHER SERIOUS HEALTH CONDITIONS SNEAK UP ON YOU. INSTEAD, PREVENT THEM BY SEEING YOUR DOCTOR FOR A YEARLY WELL-WOMAN CHECKUP.

At your checkup, your doctor will likely suggest health screenings. These tests can help your doctor spot potentially serious conditions before they become life-threatening. Here are six screenings that can help you stay healthy.

1. Blood pressure

Nearly half of all Americans older than 20 have chronic high blood pressure—130/80 mmHg or greater. Getting your blood pressure checked, changing your lifestyle, or using medication (if necessary) can reduce your risk of stroke and heart disease.

2. Cholesterol

This simple blood test—after an overnight fast—measures levels of HDL, or “good,” cholesterol and LDL, or “bad,” cholesterol, as well as triglycerides. These fats in your blood can affect your risk for heart disease and stroke.

3. Pap test

This test, as part of a pelvic exam, takes a sample of cells from the cervix to check for cervical cancer. Women ages 21 to 29 should get a Pap test every three years. From ages 30 to 65, you should get screened every three to five years. Cervical cancer and the beginning stages of the disease are treatable if caught early.

4. Mammogram

This breast x-ray can find breast cancer in its early, most treatable stages. Talk with your doctor if you're between the ages of 40 and 49 about when to start getting a mammogram. If you're between the ages of 50 and 74, the U.S. Preventive Services Task Force recommends a screening every two years.

5. Blood glucose

This simple blood test helps detect type 2 diabetes and prediabetes, which can increase the risk for heart disease and other complications.

It's recommended for adults ages 40 to 70 who are overweight.

6. Colonoscopy

During this test, the doctor will examine your colon, looking for signs of cancer and small growths that can become cancerous over time. They can be removed during the test. Experts recommend getting a colonoscopy starting at age 50.

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Featured Webinar: Wellness Wisdom for Women

Women have a wealth of information available to them about their health. In addition to learning the facts, women also have their intuition and instincts about their bodies. This webinar combines the health factors we need to know with being tuned in to our bodies to increase our awareness of the silent risks that threaten our wellness. We will discuss what makes women's wellness unique in the areas of heart disease and stroke, and the key factors for promoting overall wellness: nutrition, sleep, and exercise.

Visit work.partners/lifesolutions and log in with your company code to watch the webinar and explore other resources on our website.

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