

## ***The Road to Better Health checklist:***

- Blood pressure check
- Cervical pap smear
- Childhood immunizations
- Cholesterol test
- Colon examination
- Influenza (flu) vaccination
- Mammogram
- Osteoporosis screening
- Pneumococcal (pneumonia) vaccination
- Tetanus-diphtheria vaccination booster
- Stop tobacco use

## ***Other steps to take on *The Road to Better Health*:***

- Decrease the amount of fat in your diet; increase fiber intake.
- Take a multi-vitamin.
- Consume adequate calcium.
- Exercise most days of the week.
- Limit alcohol intake.
- Don't drink and drive.
- Complete an Advance Directive.
- Wear a seat belt.
- Limit ultra-violet light exposure; limit sun and tanning bed exposure and wear sunscreen.



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## ***The Road to Better Health***



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*These preventive measures are recommended to help maintain good health. Your health-care provider may suggest other guidelines based on your personal or family health history. If you have questions or concerns about this information, talk with your health-care provider.*

### **Blood pressure check**

Blood pressure should be measured at least every 2 years for adults with blood pressure less than 120/80 and more often if blood pressure is higher.



### **Cervical Pap smear**

Women should have a Pap smear within 3 years of beginning sexual intercourse. Pap smears should be repeated every 3 years until age 65.

### **Childhood immunizations**

All children should have vaccinations started in infancy. Discuss these with your child's health-care provider.



### **Cholesterol test**

Cholesterol testing should begin by age 35 for men and age 45 for women. Tests should be repeated every 5 years.

### **Colon examination**

Adults age 50 and older should have a colon examination every 5 years.

### **Influenza vaccination**

People age 50 and older, adults and children with chronic health conditions, and those in high-risk occupations (such as day care and health care) should receive an annual influenza (flu) vaccination during the autumn or winter months.



### **Mammogram**

Women age 40 and older should have a mammogram every year.

### **Osteoporosis screening**

Women age 65 and older should be screened for osteoporosis.



### **Pneumococcal (pneumonia) vaccination**

People age 65 and older and adults and children with chronic health conditions should be vaccinated for pneumonia. A booster is needed if the first vaccination occurred before age 65 and more than 5 years ago.

### **Tetanus-diphtheria vaccination booster**

Adults should receive a tetanus-diphtheria vaccination booster every 10 years or as suggested by a health-care provider.

### **Tobacco**

Do not use tobacco. If you use tobacco, ask your health-care provider about resources to help you stop. Avoid exposure to secondhand smoke.

*Other blood work, cardiogram, chest X-ray and urinalysis are not included in routine preventive screening.*

