

Health Screens You Need and When You Need Them

AARP Webinar Leaders



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Agenda

- Purpose of screening
- Recommended screening tests and when you need them
- Numbers that you should know
- Getting your questions answered

Why see a doctor if you're feeling well?

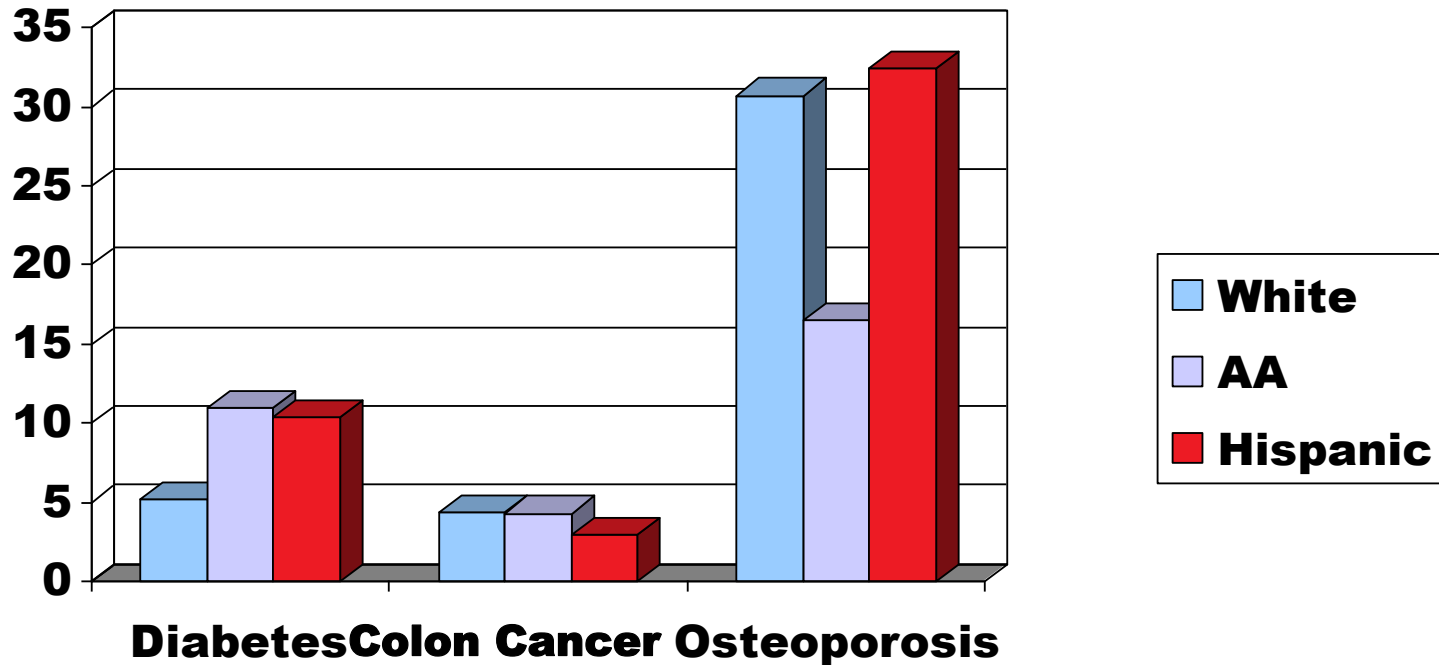
- Preventive Health visit
 - To 'check in' and get a check up
 - To be screened for silent disorders and risk factors that are:
 - Associated with disease later on
 - Treatable now

'Silent Disorders'

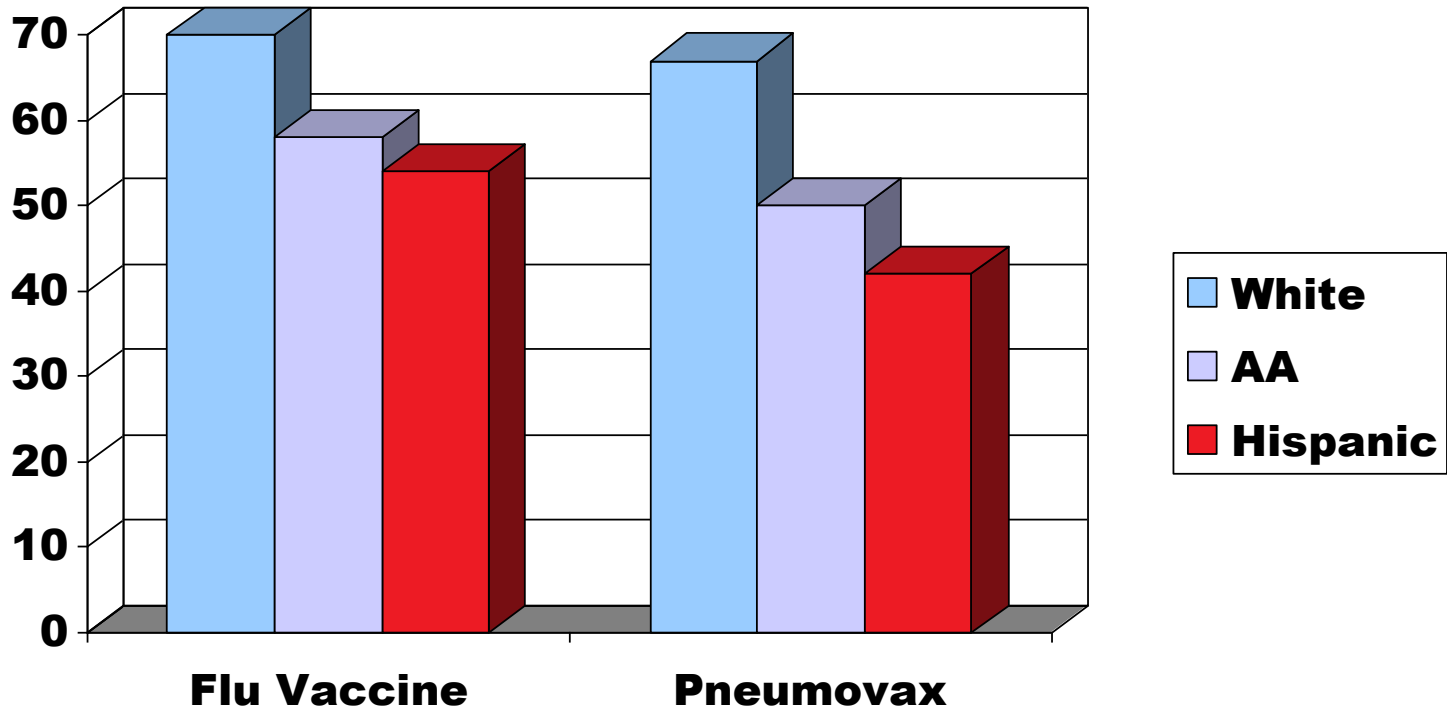
- High Blood Pressure
- High Cholesterol
- Early Cancers
- Early Diabetes
- Thinning Bone
- Some Sexually Transmitted Diseases



Diseases by Race/Ethnicity



Vaccinations by Race/Ethnicity



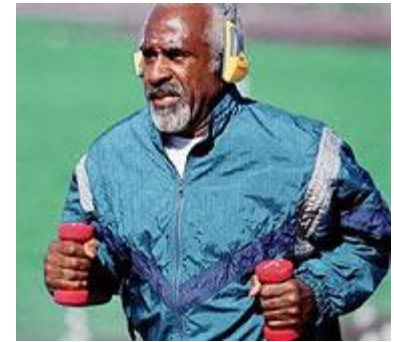
United States Preventive Services Task Force

- Independent group
- Reviews all the evidence on a topic
- Make screening recommendations, including ways to treat what's found:
 - Medications
 - Behavioral change
 - Surgery



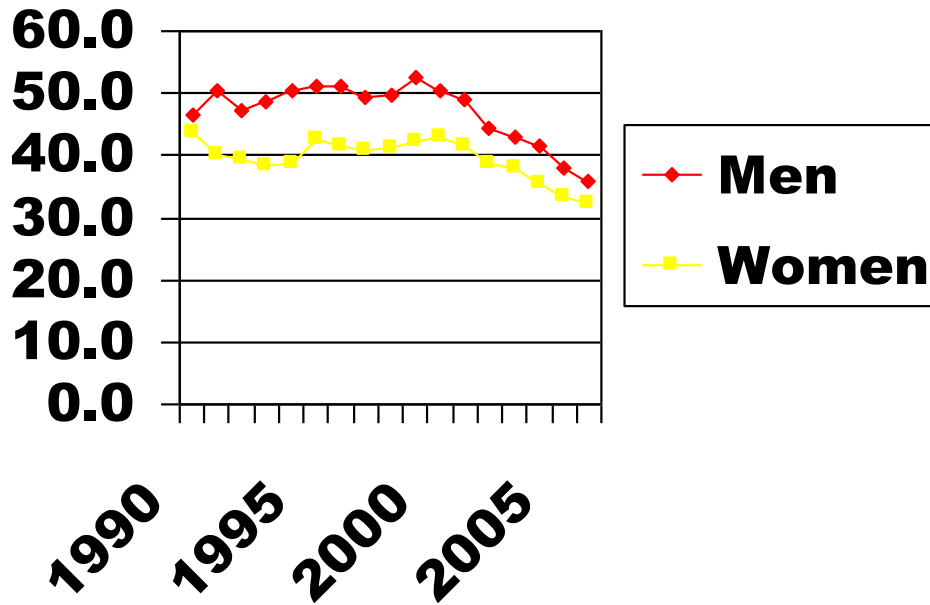
Heart Health

- Following recommendations decreases:
 - Stroke
 - Heart Attacks
 - Heart Failure
 - And, possibly, Dementia
- BP, Cholesterol, tobacco, physical activity, aspirin

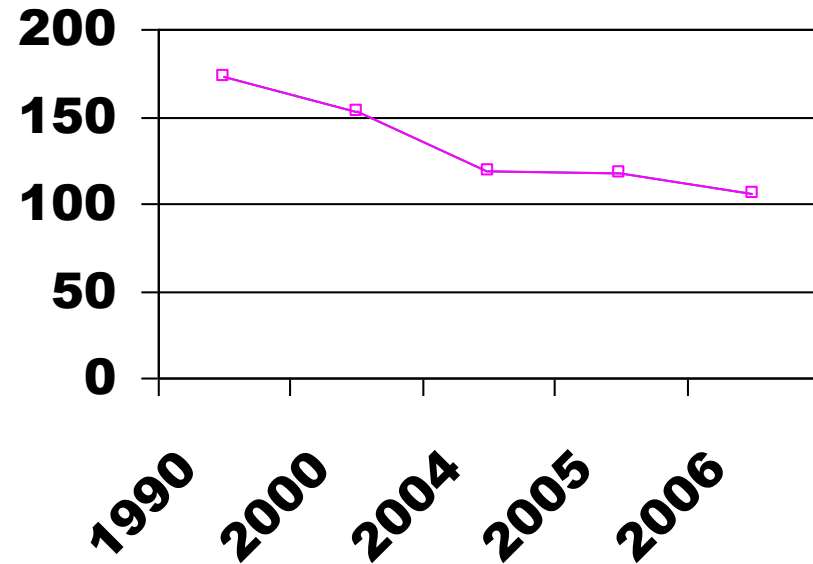


Strokes and Heart Disease: Hispanics (1990-2006)

Strokes

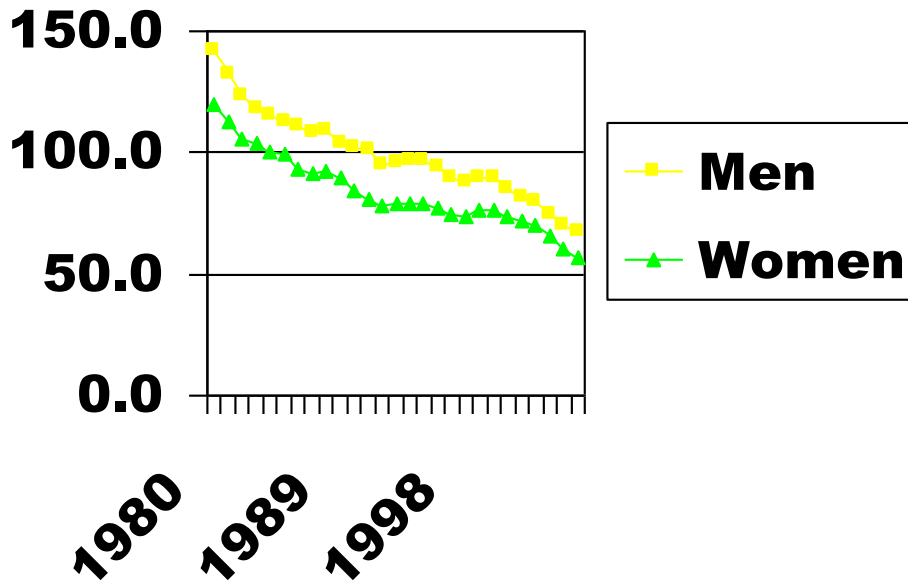


Heart Disease (ALL)

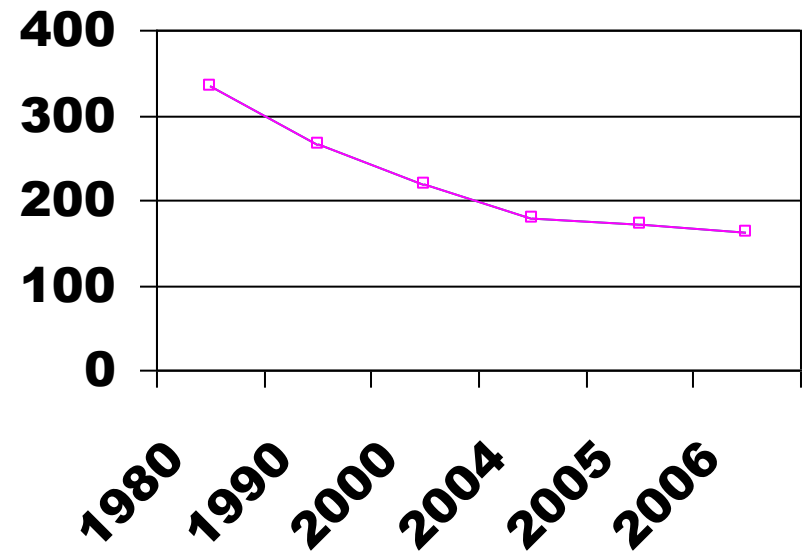


Strokes and Heart Disease: African Americans (1980-2006)

Strokes



Heart Disease (ALL)



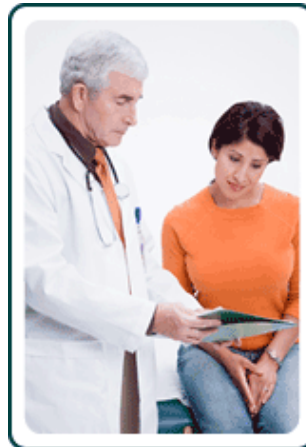
High Blood Pressure

- Target BP: Less than 140/90
 - Systolic BP: 1st number
 - Diastolic BP: 2nd number
- High Blood Pressure is when your BP is more than 140/90.
- Have your blood pressure checked every 2 years.



Cholesterol

- Have cholesterol checked every 5 years
- Know your:
 - LDL level (bad cholesterol): 160 or less (check with MD)
 - HDL level (good cholesterol): 60 or more is protective



Aspirin



- **Men 45 and over:** to decrease heart disease
- **Women 55 and over:** to prevent stroke
- Speak with your doctor to balance benefits and risks

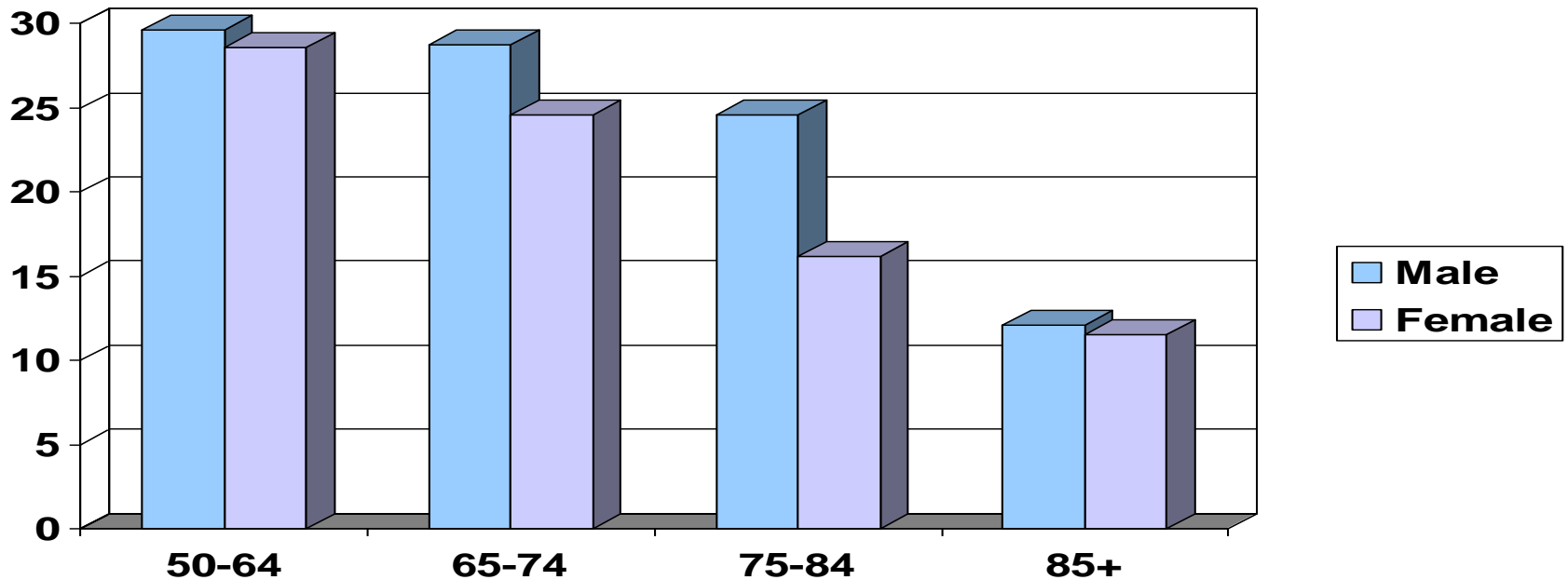
Abdominal Aortic Aneurysm

- A weakening of the wall of the aorta, the major blood vessel in the body
- Much more common in men who are/were smokers
- **Recommendation:** If you are a man who has ever smoked, and are between the ages of 65 and 75, speak to your doctor about being screened.



Leisure-time Physical Activity 65+ 2004-5

% engaged in REGULAR ACTIVITY



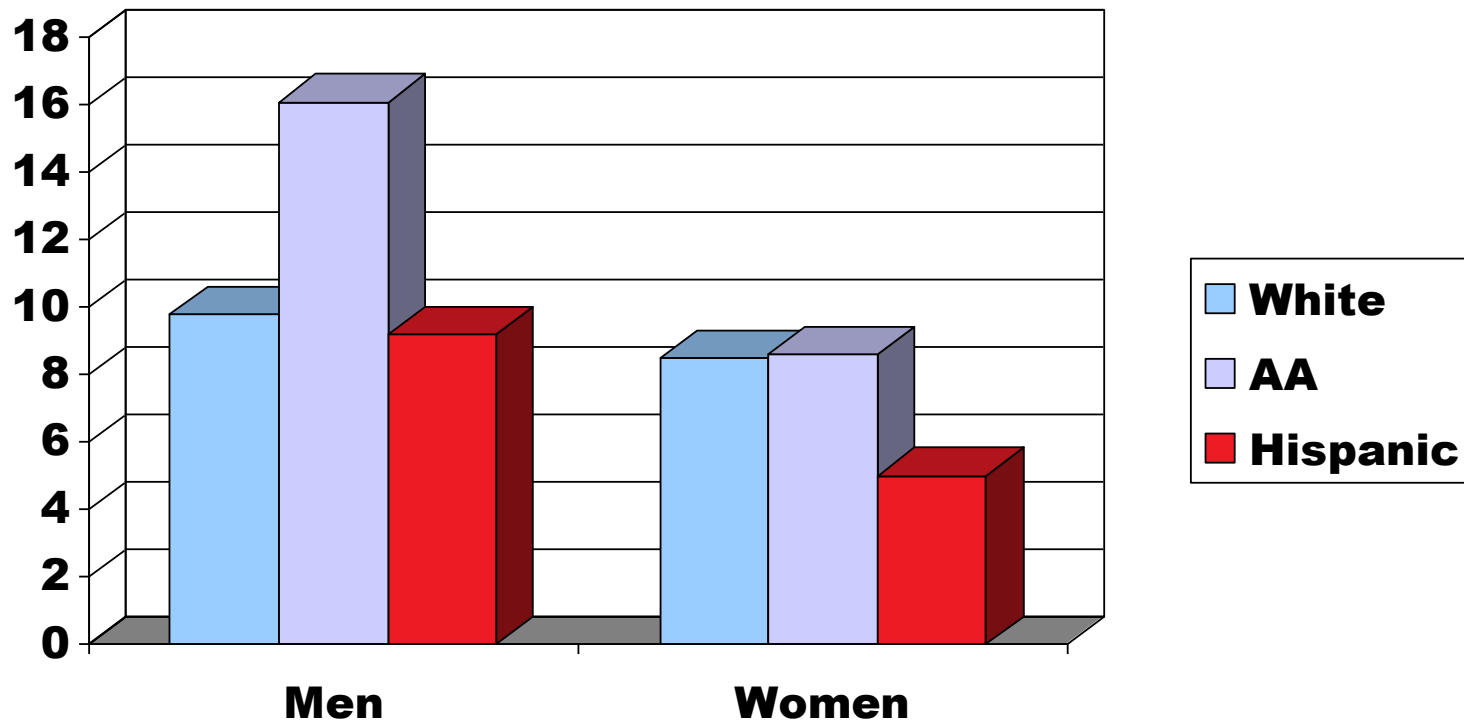
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Heart Health

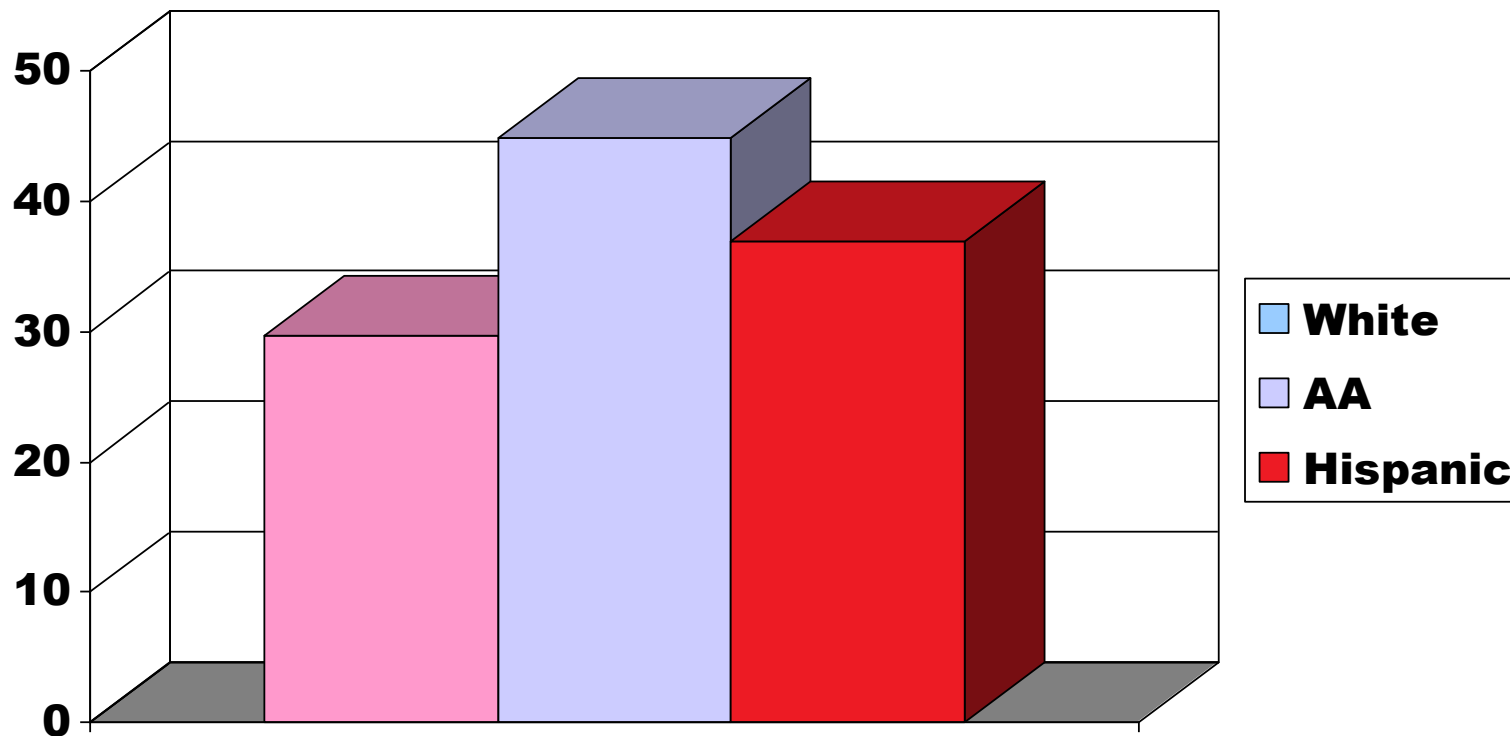
- BP, Cholesterol, and aspirin are important.
- So are:
 - Get active!
 - 150 minutes of moderate activity per week
 - 30 minutes, 5 days a week
 - Can do in 10 minute sessions
 - Walking, swimming, playing sports
- > Quitting smoking



Smoking by Race/Ethnicity



Obesity: 60+ years old



Weight and Aging

- After 20-30,
 - Lean body mass decreases
 - Fat mass increases
- Weight peaks at 50-59
- Fat mass peaks at 60-70
 - More belly fat
 - More insulin resistance



Obesity

- Not just weight, but body fat
- Know your BMI (body mass index)
- http://www.aarp.org/health/health_tools/

- BMIs for:

- | | |
|------------------|-----------------|
| • Normal weight | less than 25 |
| • Overweight | 25-29 |
| • Obese | 30-39 |
| • Morbidly Obese | greater than 40 |

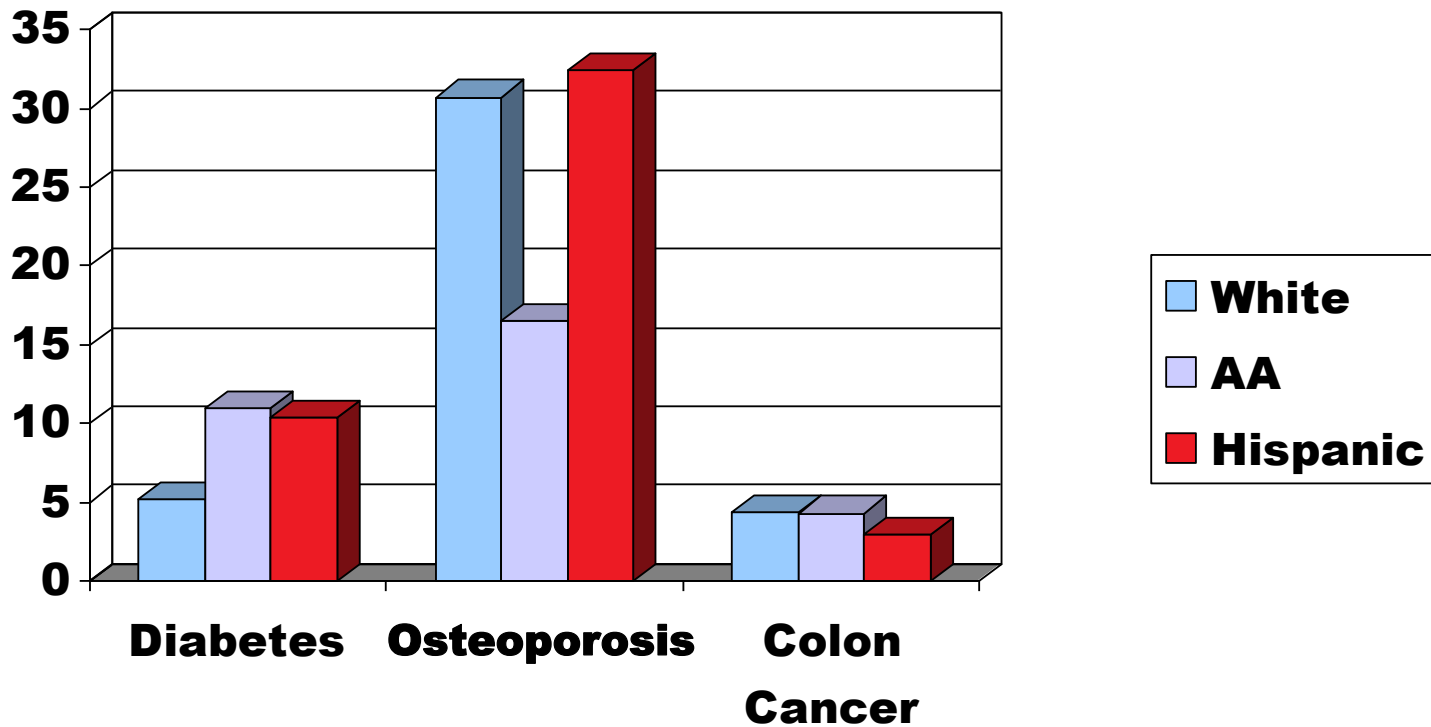


Diabetes Screening

- Get screened (a blood test) if you have high blood pressure
- Discuss screening with your doctor if you're obese



Diseases by Race/Ethnicity



Osteoporosis (Bone Thinning)

- Bone density test at 65; repeat every 2-5 years
- Ask your doctor if you should have the test if you're younger, or if you're an older man.
- Even if you don't have osteoporosis, keep your bones healthy with:
 - Calcium, 1200-1500 mg daily
 - Vitamin D, 600-1000 IU daily
 - Sun exposure, 15 minutes, twice weekly

Cervical Cancer Screening Recommendations:

- Pap smears (cervical cancer)
 - Every 1-3 years if ever sexually active
 - If over age 65, and recent Pap smears normal, can STOP!
 - If total hysterectomy (not for cancer), STOP!



Colon Cancer Screening

- If over 50, you should be tested.
- Discuss which test you should use with your doctor.
 - Stool samples (yearly)
 - Sigmoidoscopy (every 5 years)
 - Colonoscopy (every 10 years)
- If 76-85, discuss with your doctor
- If over 85, very unlikely to benefit.



Breast Cancer Screening Recommendations:

- From 50-74, have a mammogram every 2 years.
- After 74, discuss the pros and cons of mammography with your doctor.



Depression



- Serious illness, not character flaw!
- Have you felt 'down' or hopeless over the last 2 weeks?
- Have you had little interest in doing things, even things that usually bring you pleasure?
- If so--- speak with your doctor about being screened for depression

HIV and Sexually Transmitted Diseases

- Being older doesn't protect you from sexually transmitted diseases
- Many people lose their long-term partner and have new ones – ALWAYS use a condom with a new partner

Speak to your doctor if any of these apply:

- You've had unprotected sex with multiple partners
- You use or have used injection drugs
- You had a blood transfusion between 1978 and 1985

Summary Recommendations

- Blood Pressure
- Cholesterol
- BMI (body mass index)
- Depression
- Colon cancer
- Exercise
- Quit smoking
- HIV and Sexually Transmitted Diseases
- Aspirin
- Men
 - Abdominal Aortic Aneurysm
- Women
 - Breast cancer
 - Osteoporosis
 - (Cervical cancer)





For More Information:

www.aarp.org/health/conditions-treatments

Take a Loved One to the Doctor

- Encouraging friends and family to make an appointment for a checkup or screening is a great way to help someone you care about.
- Visit www.createthegood.org, for more information!





Thank You!

www.aarp.org/health/conditions-treatments