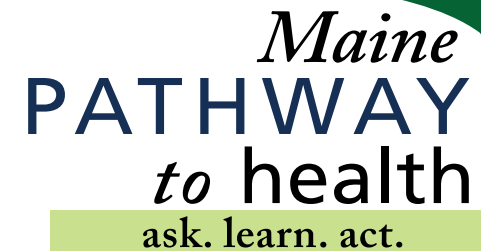


A Checklist For You at Your Medical Visit (Adults)



Know your numbers. The chart below lists the medical tests that should be part of your regular office visits. You can use this as a tool to talk with your doctor. The recommended schedule is based on a person of average risk. Please ask your doctor what is right for you.

Medical Test / Examination	Why	How Often Test is Typically Needed	What Result Should Be	Your Results
<input type="checkbox"/> Blood Pressure	Controlling your blood pressure can help prevent heart disease, stroke, and kidney damage.	Every visit, or at least every 2 years	Less than 120/80	
<input type="checkbox"/> Smoking status & exposure; and advice to stop smoking	Smoking increases your risk of heart disease, cancer, asthma & other lung diseases, and can cause problems with pregnancy.	Every visit	Stop smoking; avoid all tobacco products and smoke exposure	
<input type="checkbox"/> Weight / Body Mass Index (BMI)	Aiming for a healthy weight can help you feel better and lower your chances of getting other health problems.	Every visit, or at least every 2 years	BMI 18-24.9	
<input type="checkbox"/> Cholesterol (Lipids)	Keeping your LDL low and raising your HDL can lower your risk of heart attack and stroke.	At least every 5 years	LDL less than 130 mg/dl HDL more than 40 (men), or more than 50 (women)	
<input type="checkbox"/> Fasting blood sugar	Over 1 out of 4 people in Maine have a high blood sugar that can develop into diabetes. Screening can help you find diabetes early and avoid future problems.	At least every 3 years if you have high blood pressure or high cholesterol	Less than 100 mg/dl	
<input type="checkbox"/> Breast cancer screening (mammogram)	Many cancers can be treated more effectively if found early.	Every 2 years starting at age 50; Talk with your doctor at age 40	Normal	
<input type="checkbox"/> Cervical cancer screening (Pap)	Many cancers can be treated more effectively if found early.	At least every 3 years	Normal	
<input type="checkbox"/> Colon cancer screening (colonoscopy or other test)	Many cancers can be treated more effectively if found early.	Every 10 years starting at age 50 (colonoscopy)	Normal	
<input type="checkbox"/> Influenza ("Flu") Vaccine	Vaccines can lower your chance of getting sick	Every year (fall)	Get the shot	
<input type="checkbox"/> Pneumococcal Pneumonia Vaccine	Vaccines can lower your chance of getting sick	Once when 65 years or older	Get the shot	



A participant in the Robert Wood Johnson Foundation's Aligning Forces for Quality initiative to improve health and health care in Maine.



The Maine Pathway to Health is produced and supported by Chronic Disease Partners of Maine and Maine Aligning Forces for Quality, an initiative of Quality Counts, the Maine Health Management Coalition, and the Maine Quality Forum. This effort is made possible with support from the Robert Wood Johnson Foundation, and by generous contributions from the Maine Center for Disease Control and Prevention and MaineHealth. Visit mainequalitycounts.org for more information.