

GET AND STAY HEALTHY

Essential Health Screenings For Adults & Children

Prevention is the best medicine! Stay on top of your health by making sure you get these screenings. Your provider may recommend a different screening schedule or frequency based on your individual health needs.

Schedule an appointment with a primary care provider today by calling **406-446-2345**.

ADULT SCREENINGS

Every Year at Your Physical:

- Height and weight
- Blood pressure
- Flu shot; other vaccinations as recommended
- Depression screening
- Sexually Transmitted Infections (STIs), if at risk

Ages 18 - 49:

- Cholesterol check once in your 20s; annually after age 35 unless otherwise recommended by your provider
- Skin cancer screenings
- Women
 - Exam for breast lumps
 - Pelvic exam
 - Pap smear every 3-5 years, starting at the age of 21

Ages 50 - 64:

- Cholesterol check
- Skin cancer screenings
- Women
 - Mammogram
- Men
 - Prostate screenings
- Blood sugar check for diabetes/pre-diabetes
- Colon cancer screening, starting at age 50*
- Shingles vaccination

Ages 65 & Over:

- Cholesterol check
- Skin cancer screenings
- Women
 - Mammogram
 - Bone density study every 2 - 5 years
- Men
 - Prostate screenings
- Blood sugar check for diabetes/pre-diabetes
- Colon cancer screening, unless otherwise directed by your physician
- Pneumococcal and shingles vaccinations

CHILD SCREENINGS

Development:

As your child grows, his/her behavioral and social development will be evaluated. Screenings will also be done for:

Mental Health:

Your primary care provider will screen for depression and other signs of mental health distress

Height and Weight:

These will be tracked to make sure your child's body mass index (BMI) is within a healthy range.

Hemoglobin:

Younger children will be tested for their blood hemoglobin levels. This ensures they are getting enough iron.

Lead:

Exposure to lead is very dangerous for children. It can negatively impact IQ and even lead to poisoning and death.

Eyesight:

Babies as young as nine months old may be screened for vision problems.

Dental:

Teeth are a key indicator of health. Your primary care provider will make sure there are no warning signs of poor health from your child's teeth.

Safety Risks:

You and your child will be asked about safety risks at home: Do you have pets, medications, firearms, or tobacco? Is there a pool? You will also be asked about helmet and seatbelt use.

Always share any concerns or changes in your health history with your provider so he or she can customize the best course of action for your health.

*The American Cancer society recommends individuals getting screened at age 45. Your insurance plan may or may not cover colorectal cancer screenings before age 50.



Beartooth Billings Clinic