Steps to Protect and Improve Health

Adhering to this list can result in significant benefits. Use it to start a conversation about preventive health actions at your next doctor's visit.

Some Simple Preventive Health Measures (in rank order)

- ❍ A daily aspirin to prevent heart attacks and stroke (in men over 40 and women over 50).*
- ❍ Screening and brief counseling by doctors on use of tobacco products.*
- ❍ Routine colorectal-cancer screening (for adults 50 and older by any recognized method).*
- ❍ Hypertension screening via routine blood-pressure tests and medication (if necessary).
- ❍ Annual flu shots (for adults 50 and older).
- ❍ Immunization of adults 65 and older against bacteria that cause pneumonia and related diseases.*
- ❍ Screening and brief counseling of problem drinkers by their physicians.*
- ❍ Vision screening (for adults 65 and older).*
- ❍ Cervical cancer screening (for sexually active women and women over 21).
- ❍ Cholesterol screening (for men 35 and older and women 45 and older).
- ❍ Routine breast-cancer screening (for women 50 and older and discussion with women ages 40 to 49 to set an age to begin screening).
- ❍ Calcium-supplement counseling (for adolescent girls and women).
- ❍ Obesity screening (for adults) and high-intensity diet and exercise counseling (for the obese).
- ❍ Depression screening (for adults).
- ❍ Hearing-impairment screening (for adults 65 and over).

** Those preventive measures that are ignored by more than half who would benefit from them are indicated by asterisks.*

For more information or to make a patient referral, please call Eastern Maine HomeCare toll-free at 1.866.591.8843.

Source: Information provided by the Partnership for Prevention, a membership organization advancing policies and practices to prevent disease and improve the health of all Americans. Prevent.org

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