

## for Lifestyle Diseases

### KNOW YOUR FAMILY HISTORY!

**Do you know if members of your immediate family (biological parents, grandparents or siblings) have been diagnosed with a lifestyle disease?**

If so, then you may be at higher risk of developing the disease yourself!

**If you have a family history of lifestyle diseases you should talk to your healthcare provider about getting screened.**

### WHAT SHOULD YOU GET SCREENED FOR...

#### TODAY

#### CONDITION

#### TEST

#### KNOW YOUR NUMBERS

##### Diabetes

Fasting glucose  
Hemoglobin A1C

What was your Hemoglobin A1C last time?

##### High Blood Pressure

Blood pressure

What was your blood pressure the last time it was taken?

##### Liver Disease

Liver function  
blood test

When did you last have your liver checked?  
Were the test results in the normal range?

##### High Cholesterol

Lipid panel

Was your cholesterol in the normal range the last time it was taken?

##### Kidney Disease

*If you are at high risk*

Albumin/Creatine urine test  
GFR Blood test

When did you last have your kidneys checked?  
What was your Albumin & GFR?

##### Lung Cancer

*If you are a smoker or have a history of smoking talk to your provider about when to start screening.*

Chest X-ray/CT scan

What age did you start smoking?  
How long have you been a smoker?

##### Colon Cancer

*If you have a personal or family history of colon cancer, talk to your provider about when to begin screening, which test is right for you, and how often to get tested.*

Colonoscopy

When did you last have a colonoscopy?

##### Breast Cancer

*If your mother or sister has had breast cancer, then you should start getting screened at age 30.*

Mammogram or  
breast ultrasound

When was your last ultrasound?

##### Prostate Cancer

*If you are an African American man with a family history*

Digital rectal exam  
and PSA test

When did you last have your prostate checked?

##### Colon Cancer

*If you have a family history of colon cancer, you should get screened as soon as possible, even if you are under 50.*

Colonoscopy

When did you last have a colonoscopy?

##### Prostate Cancer

Digital rectal exam and PSA test

When did you last have your prostate checked?

##### Bone disease in women

*Men: Age 70 (Unless you have risk factors, talk to your provider.)*

Bone scan

When was your last bone scan?

at age...

45

at age...

50

at age...

65