

Colon cancer screening starting at age 40 in people with a family history of colon cancer. Colon cancer screening starts at age 50 for people without a relative with colon cancer. Currently screening consists of a colonoscopy as an outpatient. A new camera that is swallowed to take pictures of the colon and a 3-D MRI of the colon are currently being studied at Barnes in St. Louis.

Symptomatic people or in people with a family history of Diabetes Type 1 or 2: a fasting glucose check. Diabetic patients should see a physician at least every 3 months.

A screening cholesterol panel every five years, and every 6 months in patients with abnormal cholesterol values, starting at age 20.

Annual blood pressure monitoring on nonhypertensive patients. Patients who are on blood pressure medication should visit the physician at least every three months.

Annual vision screening for grade school children and adults, including for glaucoma.

Go to a dentist at least twice a year.

Miscellaneous Health Recommendations

A once-a-day multivitamin is good for children and adults.

A daily intake of an enteric coated aspirin after age 35 or in patients with hypertension.

Maintaining an ideal body mass.

No more than two alcoholic beverages a day if age 21 or older.

Not using drugs or tobacco and having current users quit the use of these substances. Lung cancer is a leading cause of death in the United States.

Wear your protective gear at work.

Wear your seatbelt.

Have smoke detectors in your home.

Please visit our web page at WWW.COUNTRYDOCTORLTD.COM for additional health information.