

Take care of yourself

EXAMS AND SCREENINGS TO KEEP YOU HEALTHY



An apple a day is just a start.

What does it take to take good care of yourself? You know about eating right, exercising, getting enough sleep. But check-ups and screenings are also important—no matter how healthy you think you are. Health problems can happen to *anyone*, and the earlier you catch them, the less serious they're likely to become.

Use this booklet to discuss your healthcare with your doctor. The checklists for women and for men will help you keep track of the care you've had... and the care you need.

If you don't have a personal physician, we can help you find one. There are more than 1,000 outstanding doctors—primary care physicians and specialists—on staff at NCH. To find the doctor who's right for you, call **847.618.4YOU (4968)** weekdays between 8:30 am and 4:30 pm. Or visit nch.org/doctor.

Women

Your body is complicated for a reason: there's a lot it has to do. But with proper care and regular screenings, it can take you through life's many stages.





Digital mammograms help you take care.

Advanced technology isn't just "fancier." It can give your doctor more accurate information and give *you* a better experience. Our full-field digital mammography and breast MRI provide clearer images, meaning fewer repeat procedures for many women.

Your Breasts

You should be doing a breast self-exam every month, beginning around age 18. Have your doctor do it, too, at least every two or three years. Most women should begin annual mammograms at age 40. If you're at higher risk for breast cancer—because of factors like family history, overweight, smoking, alcohol use or early puberty—ask your doctor about starting earlier. After age 65, you should continue getting a mammogram every year or two.

Your Endocrine System

Diabetes is the most common endocrine problem. A fasting blood glucose test every three years begins at 40 for most women, earlier for those with heart conditions, obesity or family members with diabetes. It's also a good idea to get a blood test for hypothyroidism while you're relatively young; it can head off problems like obesity, joint pain, infertility and heart disease.

Your Bones

If you're at risk for osteoporosis—because of family history or because you're Asian, thin, or are a smoker—you should have a baseline DEXA scan for bone density at age 50. All women should have one around age 65.

Your Reproductive System

Starting around age 18—or earlier if you're sexually active—you should have a pelvic exam and Pap smear annually. (Some doctors say that after three Pap tests show no problems, you can switch to every three years.) If you're sexually active, you should be tested for sexually transmitted diseases. The most common STDs are HIV, syphilis, gonorrhea, Chlamydia, genital warts and genital herpes; discuss with your doctor which ones you should be tested for. And if you're thinking about getting pregnant, check in with your doctor to discuss your medical history, conception and lifestyle issues.

Heart scans help you take care.

If you're at risk for coronary artery disease, your doctor may want to check for blockages. Our dual-source CT scanner is a painless, non-invasive alternative to angiography. It takes just minutes, doesn't require medications to slow your heart, and lets you get right back to your regular activities.



Your Heart and Blood

Hypertension can start at any age, so be sure your doctor checks your blood pressure at every appointment—at least every two years, and more often as you age. Young women are prone to anemia, so ask your doctor for a CBC (complete blood count), and repeat it every one to three years. In your twenties you should begin checking your cholesterol with a non-fasting blood test; if your cholesterol level is normal, have it re-checked every five years. If you have risk factors for heart disease—family history, high blood pressure, diabetes, a history of smoking, a sedentary lifestyle, or if you're overweight—you should consider a non-invasive CT heart scan or a calcium scoring risk assessment after the age of 55.

Your Hearing

Some degree of hearing loss is common after the age of 65—though you may be the last to recognize it. A simple hearing test performed by your doctor will let you know.

Your Digestive System

At 50, it's time for your first colonoscopy (earlier if you have a parent or sibling with polyps or colon cancer). From then on, you should have a colonoscopy every ten years, or other technologies for detecting colon cancer every five years.

Your Weight

Have your doctor calculate your body-mass index (BMI) at every visit, especially if you're prone to be overweight.

Your Eyes

Anytime you think your vision may be changing—it often happens between age 35 and 45—you should have it checked. During your eye exam you should also be checked for glaucoma, especially if you're nearsighted, have diabetes or are African-American. By age 65, most doctors say, you should be checked for glaucoma every year.



Your doctor helps you take care.

Guidelines are a helpful resource, but they can't cover every situation. Your body is unique, and so are your healthcare needs. That's why it's important to have a personal physician—someone who knows your medical history, understands your needs, and coordinates your care.

Your Immunity






Flu shots (every year) and the pneumonia vaccine (every five to ten years) are recommended for women 50 and older; if you have a chronic condition, low immunity, or work with children or adults who are susceptible, you should have these shots regardless of your age. Several other vaccines are recommended for adults, including HPV for girls and women ages 9 to 26, herpes zoster (shingles) for older women, and a tetanus booster every ten years for everyone. And those childhood vaccinations you had? They don't last forever. Ask your doctor about other vaccines and boosters you may need.

Your Mind

Right now there's not much we can do about Alzheimer's disease. But if you're over 65 and have a family history or possible early symptoms of Alzheimer's, you can ask your doctor for a test; it could help you and your family prepare. You can do a lot for your own mental health, memory and cognitive functioning by maintaining a healthy diet, getting regular exercise and plenty of rest, and keeping your blood pressure, blood sugar, and cholesterol at optimal levels.

Checklist for Women

Depending on your risk factors and previous test results, your doctor may suggest a different schedule.

	 20s	 30s	 40s	 50s	 60+	I had this test on	I'm due for this test on
Blood pressure	every 2 yrs	every 2 yrs	annually	annually	annually		
Blood glucose			every 3 yrs	every 3 yrs	every 3 yrs		
Bone density scan					once		
Body mass index	every 2 yrs	every 2 yrs	annually	annually	annually		
CBC (blood count)	every 2 yrs	every 2 yrs	every 3 yrs				
Childhood vaccines*	update	update	update	update	update		
Cholesterol	every 5 yrs	every 5 yrs	every 5 yrs	every 5 yrs	every 5 yrs		
Colonoscopy				every 10 yrs	every 10 yrs		
Eye exam & glaucoma check	if vision changes	if vision changes	if vision changes	if vision changes	annually		
Flu shot				annually	annually		
Hearing test					once		
Heart CT scan or calcium scoring				once			
HPV immunization	one series						
Mammogram**			annually	annually	annually		
Pelvic exam & Pap	every 1–3 yrs	every 1–3 yrs	every 1–3 yrs	every 1–3 yrs	every 1–3 yrs		
Pneumonia vaccine				every 5–10 yrs	every 5–10 yrs		
STD screen	as needed	as needed	as needed	as needed	as needed		
Tetanus booster	every 10 yrs	every 10 yrs	every 10 yrs	every 10 yrs	every 10 yrs		
Thyroid test	once						

*Ask your doctor which vaccines you should have.

**All women should do a breast self-exam monthly.



Men

It takes strength to stand your ground in the midst of life's currents. It also takes foresight and care—including regular check-ups and screenings.



Annual prostate screenings help you take care.

The earlier prostate cancer is detected, the more treatment options you have. NCH offers state-of-the-art treatments like brachytherapy, CyberKnife® radiosurgery and da Vinci® robotic surgery that can lower your risk of the most serious side effects.

Your Reproductive System

Self-exams aren't just for women; men should check themselves once a month for **testicular cancer**. If you don't know how to do it, ask your doctor to demonstrate the technique at your next office visit. If you're sexually active, you should be tested for **sexually transmitted diseases**. The most common STDs are HIV, syphilis, gonorrhea, Chlamydia, genital warts and genital herpes; discuss with your doctor which ones you should be tested for. And don't forget that prostate. Most men should start prostate screenings—including a blood test for **PSA** and a **digital rectal exam**—at 50. But ask your doctor about starting as early as 40 if you're African-American or have a close relative with prostate cancer.

Your Hearing

Some degree of hearing loss is common after the age of 65—though you may be the last to recognize it. A simple **hearing test** performed by your doctor will let you know.

Your Endocrine System

Diabetes is the most common endocrine problem. A fasting **blood glucose** test every three years begins at 40 for most men, earlier for those with heart conditions, obesity or family members with diabetes.

Your Heart and Blood

Hypertension can start at any age, so be sure your doctor checks your **blood pressure** at every appointment—at least every two years, and more often as you age. In your twenties you should begin checking your **cholesterol** with a non-fasting blood test; if your cholesterol level is normal, have it re-checked every five years. If you have risk factors for heart disease—family history, high blood pressure, diabetes, a history of smoking, a sedentary lifestyle, or if you're overweight—you should consider a non-invasive **CT heart scan** or a **calcium scoring risk assessment** around age 45. Smoking—even if you quit years ago—also puts you at risk of an **abdominal aortic aneurysm**; have it checked by ultrasound once after you turn 65.

Colonoscopies help you take care.

Our expertise has made NCH a national leader in the care of digestive disorders—but we haven't lost that personal touch. When you come in for a colonoscopy, you'll find a warm gown and blanket waiting for you, and a private space for preparation and recovery.



Your Digestive System

At 50, it's time for your first **colonoscopy** (earlier if you have a parent or sibling with polyps or colon cancer). From then on, you should have a colonoscopy every ten years, or other technologies for detecting colon cancer every five years.

Your Weight

Have your doctor calculate your **body-mass index** (BMI) at every visit, especially if you're prone to be overweight.

Your Mind

Right now there's not much we can do about **Alzheimer's disease**. But if you're over 65 and have a family history or possible early symptoms of Alzheimer's, you can ask your doctor for a test; it could help you and your family prepare. You can do a lot for your own **mental health, memory** and **cognitive functioning** by maintaining a healthy diet, getting regular exercise and plenty of rest, and keeping your blood pressure, blood sugar, and cholesterol at optimal levels.

Your Immunity

Flu shots (every year) and the **pneumonia** vaccine (every five to ten years) are recommended for men 50 and older; if you have a chronic condition, low immunity, or work with children or adults who are susceptible, you should have these shots regardless of your age. Several other vaccines are recommended for adults, including a **tetanus** booster every ten years and **herpes zoster** (shingles) for older men. And those **childhood vaccinations** you had? They don't last forever. Ask your doctor about other vaccines and boosters you may need.

Your Eyes

Anytime you think your **vision** may be changing—it often happens between age 35 and 45—you should be checked. During your eye exam you should also be checked for **glaucoma**, especially if you're nearsighted, have diabetes or are African-American. By age 65, most doctors say, you should be checked for glaucoma every year.

Checklist for Men

Depending on your risk factors and previous test results, your doctor may suggest a different schedule.

	 20s	 30s	 40s		 50s	 60+	I had this test on	I'm due for this test on
Aortic aneurysm screen						once		
Blood pressure	every 2 yrs	every 2 yrs	annually		annually	annually		
Blood glucose			every 3 yrs		every 3 yrs	every 3 yrs		
Body mass index	every 2 yrs	every 2 yrs	annually		annually	annually		
Childhood vaccines*	update	update	update		update	update		
Cholesterol	every 5 yrs	every 5 yrs	every 5 yrs		every 5 yrs	every 5 yrs		
Colonoscopy					every 10 yrs	every 10 yrs		
Eye exam & glaucoma check	if vision changes	if vision changes	if vision changes		if vision changes	annually		
Flu shot					annually	annually		
Hearing test						once		
Heart CT scan or calcium scoring			once					
Prostate screen (PSA & DRE)**					annually	annually		
Pneumonia vaccine					every 5–10 yrs	every 5–10 yrs		
STD screen	as needed	as needed	as needed		as needed	as needed		
Tetanus booster	every 10 yrs	every 10 yrs	every 10 yrs		every 10 yrs	every 10 yrs		

*Ask your doctor which vaccines you should have.

**All men should do a testicular self-exam monthly.



NCH

Whether you need routine lab tests, high-tech diagnostic imaging or care for minor illnesses and injuries, Northwest Community Hospital and its Immediate Care Centers are close to where you live and work.

Here for you®

NCH's Immediate Care locations offer a convenient solution for the treatment of everyday injuries and illnesses, plus a variety of outpatient lab and imaging services. Offerings vary by location. For information on the specific services offered, go to nch.org/immediatecare.

NCH 24-Hour Immediate Care Center, Buffalo Grove

15 South McHenry Road
Buffalo Grove, IL 60089

847.459.6100

Open all year, 24/7, including holidays

All ages

NCH Immediate Care Center, Lake Zurich

1201 South Rand Road
Lake Zurich, IL 60047

847.540.8088

Open 7 days a week, 7 am-10 pm (except holidays)

Christmas Eve and New Year's Eve, 7 am-8 pm

Closed holidays

All ages

NCH Immediate Care and Imaging Center, Schaumburg

519 South Roselle Road
Schaumburg, IL 60193

847.985.0600

Open 7 days a week, 7 am-11 pm (holiday hours below)

Christmas Eve and New Year's Eve, 7 am-8 pm

Holidays, 9 am-8pm

All ages

In addition, the NCH Medical Group offers two locations for immediate care.

NCH Immediate Care, Arlington Heights

1051 West Rand Road
Arlington Heights, IL 60004

847.632.1880

Open Monday-Friday, 7 am-7 pm

Saturday, 8 am-5 pm

Sundays and holidays, 8 am-12 pm

**Patients must be 14 years or older*

NCH Immediate Care, Buffalo Grove

1450 Busch Parkway
Buffalo Grove, IL 60089

847.725.8450

Open Monday-Friday, 7 am-7 pm

Saturday, 8 am-5 pm

Sundays and holidays, 8 am-12 pm

**Patients must be 14 years or older*

More for you

Would you like more information about our key medical services, expert physicians, health screenings, and educational offerings? You'll find it all on our website, nch.org.

What You'll Find at nch.org

Quick Links – You can sign up for a class, find a doctor, pay a bill, send an e-card or order a gift for a patient, and make a donation, among others.

Medical Services – Explore our expertise in the Medical Services section of our site. You'll find information on our specialty services and the expert physicians that lead them, along with treatment, aftercare, and wellness and disease prevention information.

Quality Report Card – Find out how NCH compares with other hospitals in the state and nation.

Awards – NCH is recognized by top organizations, including the American Nurses Credentialing Center (Magnet[®] designation), the Joint Commission, the American Association of Critical-Care Nurses, and the College of American Pathologists, just to name a few, for our achievements in providing the best in patient care.

In fact, nch.org should be at the top of your "favorites" list as a trusted local resource for health information.

Learn more about NCH



Recommendations in this brochure are drawn from a variety of sources, including the American Cancer Society, the American College of Physicians, the Centers for Disease Control, the U.S. Preventive Services Task Force, and NCH medical staff. In some cases, sources differ in their recommendations.

Northwest Community Hospital
800 West Central Road
Arlington Heights, Illinois
847.618.4YOU (4968)
nch.org

Northwest Community Hospital is a charitable organization and provides financial assistance to people who are eligible. For more information, please call 847.618.4542 or visit our website at nch.org.

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