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.
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 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.
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 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.

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 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 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.

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.
# Checklist for Women

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

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

*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.
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 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.

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.
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.

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<tr>
<th>Test</th>
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<th>30s</th>
<th>40s</th>
<th>50s</th>
<th>60+</th>
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<tr>
<td><strong>Aortic aneurysm screen</strong></td>
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<td><strong>Blood pressure</strong></td>
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<td><strong>Blood glucose</strong></td>
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<tr>
<td><strong>Childhood vaccines</strong></td>
<td>update</td>
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<tr>
<td><strong>Cholesterol</strong></td>
<td>every 5 yrs</td>
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<td><strong>Colonoscopy</strong></td>
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<td>every 10 yrs</td>
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<td><strong>Eye exam &amp; glaucoma check</strong></td>
<td>if vision changes</td>
<td>if vision changes</td>
<td>if vision changes</td>
<td>if vision changes</td>
<td>annually</td>
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<td><strong>Flu shot</strong></td>
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<td><strong>Prostate screen (PSA &amp; DRE)</strong></td>
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<td><strong>Pneumonia vaccine</strong></td>
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<td><strong>STD screen</strong></td>
<td>as needed</td>
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<td><strong>Tetanus booster</strong></td>
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</table>

*Ask your doctor which vaccines you should have.

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