

## DEFINING KEYS TO YOUR HEALTH

**Body Mass Index (BMI):** Weight in relation to height

$\text{Weight (pounds)} \times 703 = \text{BMI}$

$\text{Height}^2 \text{ (inches)}$

BMI Range	Underweight	Healthy	Overweight	Obese
Non-Asian	under 19	10–24.9	25–29.9	above 29.9
Asian	under 18.5	18.5–23	23.1–25	above 25

**Bone Density Test:** A low dose x-ray to screen for risk of thinning and weakening of bones, which increase the risk of osteoporosis and fracture.

**Chlamydia/Screening Test:** A screening test for detecting chlamydia, and/or gonorrhea a curable sexually transmitted infection that can cause infertility and chronic pelvic pain.

**Fecal Occult Blood Test:** A screening test for hidden blood in the stool, which may be sign or colon cancer.

**HIV Test:** A blood test to detect the presence of human immunodeficiency virus – a treatable infectious disease.

**Lipid Screen:** A blood test for assessing levels of fats and cholesterol that can increase the risk of heart disease and stroke.

**Colonoscopy:** An internal inspection of the entire colon to screen for cancer and polyps (pre-cancerous growths)  
**Sigmoidoscopy:** An internal inspection of the lower colon to screen for cancer and polyps (precancerous growths).

**Mammogram:** A low dose breast x-ray to screen for breast cancer.

**Pap Test:** A test for abnormal cervical cells that can indicate increased risk of cervical cancer. This is not a test for uterine or ovarian cancer. Pap smears are done during an internal pelvic examination.



**South Alabama Medical Clinic** wants to partner with you in our complete health and wellness. This guide shares what screenings and immunizations you and your family members need at any given stage.

**Preventive Care** – Learn what screening tests and immunizations are right for you and when they are due. Then, complete them on schedule.

**Know Your Body** – Stay in tune with your body. Be aware of changes, and contact your provider if you notice a change that is of concern.

**Eat a Healthy Diet** – Learn your Body Mass Index (BMI) to achieve and maintain a healthy body weight. Eat more foods high in calcium and fiber and low in saturated fat and trans fatty acids.

**Don't Get Caught in the Haze** – Avoid smoking and inhaling other's tobacco smoke. If you need support quitting, just ask your doctor!

**Get Up & Move** – Get your heart rate up to aerobic levels  $(220 - \text{your age}) \times 70\%$ . Enjoy exercise 30 minutes each day.

**Play It Safe** – Practice safe sunning, safe driving and safe sex. Wear sunblock to protect your skin from harmful rays. Fasten seat belts and use the right-sized car seats for kids. Avoid driving under the influence of alcohol and drugs. Practice safer sex using condoms and a reliable contraception method.

**Create Balance** – Reduce stress and find balance in your life between time competing priorities like work, home and fun. Seek provider's help to manage depression or mood changes.



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**Call us today! (251) 865-1852**

# PARTNERING FOR YOUR BEST HEALTH

Check Ups • Screenings • Immunizations



We're here to partner with you in your complete health and wellness. At South Alabama Medical Clinic, we believe in partnering in your health so you can feel your best. This guide provides what screenings and immunizations you and your family need at any given stage. Work with our providers to find out the wellness plan specific to you.

# YOUR HEALTH

## CHECKUPS, SCREENINGS & IMMUNIZATIONS

All ages 19 and over should get checkups for blood pressure, weight and height to calculate body mass index (BMI) and health risks.



### AGE 2 – 18

Annually / May vary with insurance maximums  
Vision Screening & BMI: at or before age 5

#### Screening Tests

Chlamydia: yearly for sexually active starting at age 15  
HIV: routine discussion starting at age 13  
HPV: females ages 9–26 & males 11–21 (0, 2 & 6 month intervals)  
Influenza: yearly  
Assessment of TB Risk: to determine risk factors  
Folic Acid: girls of child bearing age (15-18) should take a daily supplement (0.4-0.8 mg) of folic acid.

#### Immunizations

Age	Months						Years				
	Birth	1	2	4	6	12	18	2	4-5	11	16
Hepatitis B	●	●			●						
Haemophilus Influenza			●	●	●	●					
Polio		●	●	●						●	
Diphtheria, Tetanus & Acellular Pertussis		●	●	●			●			●	
Rotavirus		●	●	●							
Pneumococcal		●	●	●		●					
Tdap/Td										●	
Measles, Mumps & Rubella						●				●	
Varicella (Chicken Pox)						●				●	
Hepatitis A						●	●				
Conjugated Meningococcal										●	●
Human Papillomavirus										●	

Two-month series of vaccines can be given as early as six weeks

Information is subject to change. Please consult with our providers.



### AGE 19 – 39

#### Screening Tests

Diabetes: Sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history.  
HIV: Routine discussion

#### Immunizations

Influenza: Yearly  
Varicella (Chicken Pox) Vaccine: Persons born in 1980 or later should receive a second vaccine.  
HPV: Females age 9–26 and males 11–21 should receive the HPV series 0, 2 and 6 month intervals (optional for males).  
Tdap/Td: Tdap required once a lifetime. Td required every 10 years

#### Men's Health

Lipid Test: Age 35

#### Women's Health

Chlamydia: Yearly through age 24 for sexually active women  
Pap Test: Every 3 years from age 21. At age 30, may switch to every 5 years with HPV screening.  
Folic Acid: Women of child bearing age (15-45) should take a daily supplement (0.4-0.8mg) of folic acid.

### AGE 40 – 49

#### Screening Tests

Hep C: Those born between 1945-1965  
Diabetes: Sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or family history or history of gestational diabetes.  
Assessment of Risk for TB: To determine risk factors  
HIV: Routine discussion

#### Immunizations

Influenza: Yearly  
Tdap/Td: Tdap required once a lifetime. Td required every 10 years.

#### Men's Health

Lipid Test: Every 10 years

#### Women's Health

Pap Test: Every 3 years from age 21. At age 30, may switch to every 5 years with HPV screening.  
Folic Acid: Women of child bearing age (15-45) should take a daily supplement (0.4-0.8mg) of folic acid.  
Lipid Test: begin at age 45 (optional)  
Mammogram: Optional yearly. Discuss with provider.

### AGE 50 – 74

#### Screening Tests

Hep C: Those born between 1945-1965  
HIV: Routine discussion  
Diabetes: Sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history.  
Colorectal Cancer: Until age 75; colonoscopy every 10 years; fecal occult blood testing every 3 years with sigmoidoscopy every 5 years; or annual fecal occult blood testing.

#### Immunizations

Influenza: Yearly  
Tdap/Td: Tdap required once a lifetime. Td required every 10 years.  
Zoster (Shingles): At age 60  
Pneumococcal Vaccine: At age 65

#### Men's Health

Lipid Test: Every 5 years  
Prostate Specific Antigen (PSA): Current evidence does not recommend routine PSA screening for average risk men.

#### Women's Health

Pap Test: Every 3 years from age 21. At age 30, may switch to every 5 years with HPV screening. May discontinue after age 65.  
Mammogram: Every 2 years  
Bone Density: At age 65

### AGE 75 – OLDER

#### Screening Tests

Diabetes: Sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history of diabetes.  
Colorectal Cancer: Until age 75; colonoscopy every 10 years; fecal occult blood testing every 3 years with sigmoidoscopy every 5 years; or annual fecal occult blood testing.  
Assessment of Risk for TB: To determine risk factors

#### Immunizations

Influenza: Yearly  
Tdap/Td: Tdap required once a lifetime. Td required every 10 years.

#### Women's Health

Mammogram: Every 2 years; optional after age 74.

#### Men's Health

Prostate Specific Antigen (PSA): Current evidence does not recommend routine PSA screening for average risk men.

