

## MALES — 18 years of age and older

Complete physical health assessments should be completed annually, and include:

- Blood Pressure
- Cholesterol/Glucose Blood Test (fasting beforehand for 8 to 12 hours is recommended)
- Urinalysis (first morning specimen)
- Prostate Specific Antigen (PSA), a prostate cancer screening, includes a blood test
- Digital Rectal Examination — prostate cancer screening beginning at 40 years of age
- Hemocult to check for blood in the rectum
- Chest X-Ray
- EKG
- Flu Vaccine
- Colonoscopy\*\*\* — colorectal screening to begin at 50 years of age or earlier for high risk individuals

## FEMALES — 18 years of age and older

Complete physical health assessments should be completed annually, and include:

- Blood Pressure
- Cholesterol/Glucose Blood Test (fasting beforehand for 8 to 12 hours is recommended)
- Urinalysis (first morning specimen)
- Gynecological Examination (pap smear and pelvic exam)
- Breast Examination
- Digital Rectal Examination — beginning at 40 years of age
- Hemocult to check for blood in the rectum
- Chest X-Ray
- EKG
- Flu Vaccine
- Colonoscopy\*\*\* — colorectal screening to begin at 50 years of age or earlier for high risk individuals
- Mammography — beginning at 40 years of age or earlier depending on family history and risk factors

## BONE DENSITY TESTING

Bone density tests measure an individual's bone thickness and help health professionals predict the possibilities of osteoporosis and resulting bone injuries/fractures. Bone density testing can:

- confirm the diagnosis of osteoporosis
- determine the severity of osteoporosis
- determine the effectiveness of certain treatments for osteoporosis

A full-body bone density test can be performed at Mercy Health Center, located in Fort Gratiot, or Mercy Hospital.

## COLONOSCOPY

Beginning at 50 years of age, individuals should undergo colonoscopy every 10 years.

The test is performed by a general surgeon or gastroenterologist and takes place in a hospital or outpatient surgery center. It is considered an outpatient procedure and is performed under sedation.

Colonoscopy allows a physician to look at the interior lining of the large intestine (rectum and colon) through a thin, flexible-viewing instrument called a colonoscope. The colonoscope helps the doctor detect polyps, tumors and areas of inflammation or bleeding. During a colonoscopy, a tissue sample can be collected for biopsy and may be identified as a precancerous or cancerous growth in the colon.

This test is often utilized to investigate symptoms such as unexplained bleeding from the rectum, prolonged diarrhea or constipation, obvious or hidden blood or pus in the stool or lower abdominal wall.

\*\*\*If there is a personal or family history of colon cancer, rectal cancer or colon polyps then a sigmoidoscopy or colonoscopy is recommended for individuals beginning at 40 years of age.

Colonoscopy can be performed at Mercy Hospital.

## MAMMOGRAPHY

Mammography is an X-Ray of the breast (mammary glands) used to screen for breast cancer. Although breast cancer can occur in men, 99 percent of all breast cancer is found in women. Many small tumors can be seen on a mammogram before an individual or physician can feel them.

Breast cancer discovered in an early stage is more easily and successfully treated.

Mammography can be performed at Mercy Health Center, located in Fort Gratiot, or Mercy Hospital.

*This information is for educational purposes only. Please speak with your physician or healthcare provider to develop a health screening program that's right for you.*

## STAYING HEALTHY AT



## AND BEYOND

*Understanding the importance of complete annual physical examinations for the entire family*

MERCY FAMILY CARE

MERCY HOSPITAL  
A MEMBER OF TRINITY HEALTH



## CHILDREN

### 0 to 12 months of age

Health assessments must be done at birth and at 1, 2, 4, 6, 9 and 12 months of age.

General health assessments include: height, weight, head circumference, heart, lungs, abdomen, extremities and developmental assessments.

At each health assessment appointment, the following should be offered:

- Parent/Child Education (injury prevention, diet, substance abuse, health and safety)
- Vision Screening
- Hearing Screening
- Dental Assessment
- Nutritional Assessment
- Immunizations (see guidelines)

Additional testing will be performed between 9 and 12 months of age, after discussions with parents and under the discretion of the child's physician:

- Lead Screening\* (includes blood testing for lead poisoning for those at high risk)
- Hemoglobin/Hematocrit (blood testing for iron deficiency)

### One to Four Years of Age

Health assessments at 15 and 18 months should be completed, and again at 2, 4 and 5 years of age. Assessments include:

- Parent/Child Education (injury prevention, diet, substance abuse, health and safety)
- Vision Screening
- Hearing Screening
- Dental Assessment
- Nutritional Assessment
- Immunizations (see guidelines)



## AND BEYOND

Additional testing will be performed between two and three years of age, after discussions with parents and under the discretion of the child's physician:

- Lead screening\* (includes blood testing for lead poisoning for those at high risk)
- Blood pressure

### Six to 12 Years of Age

Health assessments should be completed at 6, 8, 10, 11 and 12 years of age. Assessments include:

- Parent/Child Education (injury prevention, diet, substance abuse, health and safety)
  - Nutritional Assessment
  - Lead Screening\*
- \* High risk for lead poisoning includes the following:
- Live in or frequently visit an older home (built before 1960)
  - Live near lead industry
  - Live with someone whose job or hobby involves lead exposure
  - Close contact with someone with high lead level

## IMMUNIZATION GUIDELINES

Please refer to the following age and immunization recommendations:

Immunization	Recommended Age
<b>Dtap, Td</b>	
1st Dose	2 months
2nd Dose	4 months
3rd Dose	6 months
4th Dose	12 - 15 months
5th Dose	4 - 6 years
Td Booster	11 - 16 years
<b>Hib</b>	
1st Dose	2 months
2nd Dose	4 months
3rd Dose	6 months
4th Dose	12 - 15 months
<b>Poliomyelitis</b>	
1st Dose	2 months
2nd Dose	4 months
3rd Dose	6 - 15 months
4th Dose	4 - 6 years
<b>Hepatitis B</b>	
1st Dose	Birth
2nd Dose	2 months
3rd Dose	6 - 15 months
<b>Pneumococcal Conjugate</b>	
1st Dose	2 months
2nd Dose	4 months
3rd Dose	6 months
4th Dose	12 - 15 months
<b>Varicella</b>	
1st Dose	12 months - 12 yrs
2nd Dose**	13 years
<b>MMR</b>	
1st Dose	12 - 15 months
2nd Dose	4 - 6 years

\*\* For children 13 years of age and older who have not received the Varicella vaccine, administer first dose, and then second dose four to six weeks thereafter.

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## UNDERSTANDING COMPLETE PHYSICALS

*Your positive, proactive approach for a healthy life*

Mercy Family Care offers a network of physicians dedicated to providing you with the highest-quality medical care for you and your entire family. Part of creating a healthy life-style includes complete physicals provided by your primary care physician on an annual basis.

Everyone should be aware that preventive health care is vital for a healthy life-style. For adults, a visit with your primary care provider at least once a year is recommended. Children require a much more vigilant approach. This guide will provide you with information on complete preventive physicals from birth through the golden years.