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Health Screening for Men Age 65 and Over

Why Preventive Care?

An annual review of your health history is very important. Even if you feel fine, it is important to see your doctor regularly to check for potential health problems. For instance, most people who have diabetes or high blood pressure are not even aware of that fact. Many health conditions do not cause any symptoms until the disease is advanced.

In-Office Preventive Care:

You will be screened, or offered screening, with lab tests or procedures that are done in our office for a number of health conditions, including:

- Blood pressure screening for hypertension
- Weight monitoring and BMI calculation for obesity or overweight
- Screening for diabetes yearly
- Screening for high cholesterol every 5 years
- Screening for chronic kidney disease yearly
- Screening for HIV and hepatitis C, once
- Screening for depression yearly
- Screening for prostate cancer yearly

Your immunization history will be reviewed. Appropriate immunizations will be offered, or we can advise you where to obtain them economically. A flu shot is recommended for everyone every year.

Your health history and family health history will be reviewed yearly. Tell us if there has been a change in your family medical history, as some diseases are inherited.

We will periodically review your health habits, such as whether you exercise regularly, whether you eat a healthy diet, and whether you use substances such as tobacco or alcohol.

Tests Done Outside Our Office

There are several screening tests that are done outside our office that we will recommend and schedule for you as indicated. These include:

- Colonoscopy for men every 10 years till age 75
- DEXA bone density testing once at or after age 65
- **If you smoke** or have smoked in the past, you may need:
 - CT Scan of chest for lung cancer screening, yearly
 - Ultrasound of the abdomen for aneurysm screening

Other Preventive Care:

- See your dentist yearly
- Have an eye exam every 3 years