



An Independent Licensee of the Blue Cross and Blue Shield Association



Joe Sixpack, 85021

Thank you for recently completing the My BluePrint health assessment. This personal report may assist you in making healthy changes in your life.

The report gives you information about your health risks and personalized suggestions for improving your overall health and well-being.

This report provides information for educational purposes only.

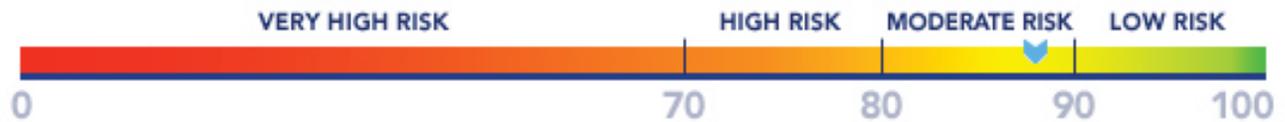
It is not intended to take the place of your health care provider's independent medical judgment. You should consult with your health care provider regarding your health care needs. In addition, information and recommendations are not a guarantee of BCBSAZ coverage of services or supplies.

To see this report and learn more about all that HealthyBlue® has to offer online, log in to azblue.com/HealthyBlue. HealthyBlue is Blue Cross Blue Shield of Arizona's integrated program of tools, resources and services that can help you live a healthier lifestyle. Members can take advantage of all that HealthyBlue has to offer online or by phone. Start your healthy life today. Learn more at azblue.com/HealthyBlue.

Protecting and limiting access to member health information is a top priority at Blue Cross Blue Shield of Arizona. There are processes and procedures in place to limit the distribution and access to your personal health information. For more information on how we protect your information, contact 1-877-My-HBlue or go to azblue.com/HealthyBlue.



Your Wellness Score is 88



Joe, Your current health habits create some risks. See the suggestions below that could help you reduce your health risks.

Your Priorities

Joe, below are some ways you can reduce your risks and improve your Wellness Score. Click on the links below for more details.

- **Lower your body mass index through weight management.** Be conscious of what you eat, and find ways to be more physically active each day.
- **Be more physically active.** Even moderate activity, like walking and gardening, can make a big difference when done on a regular basis.
- **Eat more fruits and vegetables.** By eating just 5 servings a day, you can cut your cancer risks in half.
- **Eat fewer high fat foods.** Avoid foods that are fried, and make healthy choices when eating out.

Personal Risk Factors Scorecard

Risk factors are behaviors or conditions that increase your chances for developing health problems. Some risk factors can't be changed. These include your age, gender, and family health history. This Wellness Assessment focuses on risk factors that you can change. These include lifestyle choices such as exercising, making healthy food choices, and not smoking. They also include medical indicators affected by lifestyle such as blood pressure, weight, and cholesterol levels. The risk factors listed below affect the chances of developing several serious health conditions.

 Quick link to information about a Lifestyle Risk area **you're ready to improve.**

 Family History

Lifestyle Risk Factors	Not At Risk	At Risk	Unreported or May Need Attention
<u>Weight</u>		●	
<u>Tobacco Use</u>	●		
<u>Alcohol Use</u>	●		
<u>Physical Activity</u>		●	
<u>Dietary Fat</u>		●	
<u>Fruit/Vegetable Intake</u>		●	
<u>Stress/Coping</u>	●		
<u>Seat Belt Use</u>	●		

Medical Risk Factors	Desirable Range	Diagnosis Controlled	Not At Risk	At Risk	Unreported or May Need Attention
<u>Weight (BMI)</u>	18.5-24.9			●	
<u>Blood Pressure</u>	<120/80 mm Hg			●	
<u>Cholesterol (Total, HDL)</u>	<200>39 mmol/L	●			
<u>Fasting Triglycerides</u>	<150 mmol/L		●		
<u>Fasting Blood Sugar</u>	<100 mmol/L		●		

Legend

- Not at Risk
- Moderate Risk
- High Risk
- Missing or Invalid

Alcohol Use

Excessive or risky use of alcohol is a serious problem for many adults. Alcohol-related illnesses include:

- liver disease
- certain cancers
- cardiovascular problems
- endocrine problems
- gastrointestinal problems
- fetal alcohol syndrome
- neurological impairment

About 41% of all traffic accidents are related to alcohol. And heavy drinking also increases the risk of homicide and suicide. The sooner alcohol abuse is detected, the better the chances of recovery.

The following feedback is based on your responses about your use of alcohol. It is not a medical evaluation. And it doesn't try to identify alcoholism. Its purpose is simply to show how your current drinking pattern might affect your health.

Joe your alcohol use appears to be moderate. That's great! Your use of alcohol right now does not put you at increased health risk. Just be aware of any increases in your alcohol use patterns.

There are times when no one should drink. These times include while you are driving, or while operating machinery. Alcohol can also interact dangerously with many medicines. So be sure to check with your doctor before drinking alcohol if you are taking medicine. You can also look on the medicine label and instructions for information.

Disease Risk

Heart disease, stroke, diabetes and cancer are among the top causes of premature death. Your answers on the Wellness Assessment allow us to give you feedback for these diseases.

My Heart Disease Risk

Joe, your risk for heart attack or death from heart disease over the next 10 years is **moderate**. But you can take the following steps to reduce your level of risk.

- Continue not to use tobacco products
- Maintain a healthy total cholesterol level. Your total cholesterol level should be below 200 mg/dl. Ideally it should be below 160 mg/dl. For more information, click on "Clinical Measures" in the left-hand navigation column.
- Maintain a healthy HDL cholesterol level. Your HDL cholesterol level should be above 39 mg/dl. Ideally it should be above 59 mg/dl. For more information, click on "Clinical Measures" in the left-hand navigation column.
- Maintain a healthy blood pressure. Your blood pressure should be below 140/90 mm Hg. Ideally it should be below 120/80 mm Hg. For more information, click on "Clinical Measures" in the left-hand navigation column.

Diabetes Risk

Your survey had missing information for one or more items used to assess your risk for diabetes. The following medical and lifestyle factors are associated with increased risk for developing diabetes. The more of these that apply to you, the greater your risk will be.

- Age:** After age 44, the older you are, the greater your risk.
- Race/ethnicity:** African Americans, American Indians, Asian Americans, Latinos, and Pacific Islanders all have higher rates of diabetes.
- Family History:** Your risk is greater if any member of your immediate birth family (father, mother, brother, or sister) has diabetes.
- Your weight:** Your risk starts to increase when your BMI exceeds 24.9. But you are at greatest risk when it is 30 or higher. For more information, click on "Weight Management" in the left-hand navigation column.
- Activity:** Your risk is greater if you get little or no regular physical activity. For more information, click on "Fitness" in the left-hand navigation column.

Stroke Risk

Joe, the risks for stroke are very similar to those for heart disease. **The more of them you have, the greater your risk.** The list includes several factors you can't control such as:

- Age.** As you grow older, your risk for stroke increases.
- Gender.** Men are at greater risk for having a stroke, but women are at greater risk of dying if they have a stroke.
- Race.** African Americans are at greater risk for stroke death.
- Family history.** If a member of your immediate birth family (father, mother, brother, or sister) has had a stroke, you are at greater risk.

There are also a number of risk factors for stroke that you can control or that your doctor can treat. They include the following:

Blood pressure.	High blood pressure is the most important risk factor for stroke. Taking steps to maintain your blood pressure within a healthy range is one of the best ways to prevent strokes. For more information, click on "Clinical Measures" in the left-hand navigation column.
Smoking.	Smoking is a major risk factor for stroke. The more you smoke, the greater your risk. For more information, click on "Tobacco Use" in the left-hand navigation column.
Blood Lipids.	Elevated Total and LDL cholesterol, low HDL cholesterol, and elevated triglycerides all increase your risk for heart disease and therefore also increase your risk for stroke. For more information, click on "Clinical Measures" in the left-hand navigation column.
Physical Activity.	Being inactive can increase your risk for other stroke risk factors such as high blood pressure, high cholesterol, obesity, diabetes, and heart disease. For more information, click on "Fitness" in the left-hand navigation column.
Obesity.	Being obese also increases your risk for diabetes and heart disease and, therefore, increases your risk for stroke. For more information, click on "Weight Management" in the left-hand navigation column.
Alcohol.	Excessive alcohol use can contribute to elevated blood pressure and, thus, increase your stroke risk. For more information, click on "Alcohol Use" in the left-hand navigation column.
Illegal Drug Use.	Intravenous drug use and cocaine use greatly increase stroke risk.
Diabetes.	If you have diabetes, you are at greater risk for stroke. If you don't, you can decrease your risk by maintaining your blood sugar within a healthy range. For more information, click on "Clinical Measures" in the left-hand navigation column.
Other Medical Conditions	These include: heart disease, carotid artery disease, peripheral artery disease, atrial fibrillation, heart failure, transient ischemic attacks (mini-strokes), and certain blood diseases like sickle cell disease or elevated red blood cells.

[If you would like to have a more quantitative assessment of your risk, complete the survey at the Harvard Center for Cancer Prevention website.](#) (See also: External Links)

Colorectal Cancer Risk

Joe, research has identified a number of factors that increase risk for colorectal cancer. **The more of these factors you have, the greater your risk.** The list includes the following risk factors you can't control:

Age.	Being over age 50 increases your risk.
Height.	Taller people are at increased risk.
Family history.	One or more family members increases your risk.
Inflammatory bowel disease.	Having this medical condition increases your risk.

There are also a number of factors you can control.

Weight.	Being overweight or obese increases your risk.
Diet.	Eating red meat daily; eating a high fat diet; and eating fewer than 3 servings of vegetables each day all increase your risk. Taking a daily vitamin with folate decreases your risk.
Physical activity.	Getting less than 30 minutes of physical activity daily increases your risk.
Alcohol.	Having more than 1 drink/day increases your risk.
Aspirin.	Daily use for 15 or more years decreases your risk.
Screening.	Getting screened according to current guidelines

[If you would like to have a more quantitative assessment of your risk, complete the survey at the Harvard Center for Cancer Prevention website.](#) (See also: External Links)



You probably know that exercise is good for you. But did you know that even modest amounts of physical activity have positive effects on your health? In fact, of all the lifestyle habits you can practice, getting regular physical activity is probably the most important. [Click here to read more about the benefits of physical activity.](#)

Research shows that you can achieve significant preventive health benefits by getting a moderate amount of physical activity on most, if not all, days of the week. Joe, you say that you do 40-49 minutes of moderate intensity activity on 3 days a week. This is less than the recommended level. But you're off to a great start! The amount of physical activity you need to maintain good health depends on the intensity of the activity you choose to do. [Click here to see recommendations.](#) Joe, being more physically active may not be in your current plans. But it is worth thinking about. Physical activity reduces the risk of premature death, heart disease, high blood pressure, colon cancer, diabetes, and obesity. Physical activity also improves mental health. And it is important for the health of your muscles, bones, and joints. Can you think of other benefits? What would be different about your life if you were more active?

You know, Joe, the good news about physical activity is that you don't have to do it all at one time. For example, studies show that three 10-minute sessions of moderate activity have the same preventive health benefits as one 30-minute session.

Strength

Joe, strength training has many benefits. Healthy adults should include at least 10-20 minutes of strength training on at least 2 to 3 days during the week. Right now you are not meeting this goal. [Click here for more information.](#)

Flexibility

Joe, a proper stretching program can increase the flexibility or range of motion around a joint. This can reduce the frequency and intensity of injuries. The American College of Sports Medicine guidelines call for stretching two or three times a week. The best time for a stretching session is at the end of a workout while your muscles are still warm. [Click here for more information about flexibility.](#)

Nutrition

When it comes to nutrition, we live in exciting times. Research shows that your food choices can have tremendous impact on your health. A healthy diet can help prevent many chronic diseases. These include heart disease, certain cancers, diabetes, stroke, and osteoporosis - all leading causes of premature death.

The experts agree. The keys to healthy eating are variety, balance, and moderation. This means eating a wide variety of foods without getting too many calories or too much of any one nutrient. You may not see a need to make changes in your diet right now. But keep in mind that your choices have a direct effect on how you feel, look, think, and even your long-term health. Can you think of other benefits? The information below will show you where you are doing well and where you may want to make changes in how you eat.

Fruits and Vegetables: Way to go, Joe! You are on your way to meeting the recommended five or more servings of fruits and vegetables each day. Be sure to include a variety of colorful fruits and vegetables each day to get the most out of your choices. Eating five-a-day may be easier than you think. [For tips on how to increase the amount of fruits and vegetables you eat, click here.](#)

Dietary Fat: Joe, it's good that you take steps some of the time to limit fat. But you still may be getting more than you need to protect your health. [To see ways to maintain a healthier diet that is lower in fat, click here.](#)

Grains: Joe, you're on your way to meeting the recommended 6-11 servings of bread, cereals, rice, and pasta each day. See if you can add 2-3 more servings. It may be easier than you think. Whenever you can, choose whole grain products such as whole grain breads, crackers, and pastas; cereals such as bran flakes or oatmeal; and brown rice. [For more information about grains, click here.](#)

Dairy: Good job Joe! You are eating 3 or more servings of dairy or calcium-fortified products each day. You are probably meeting your calcium need of 1000 mg/day. Keep up the good work! And whenever you can, choose low-fat dairy products. [For more information about dairy products and calcium and how to include them in your diet, click here.](#)

Protein: Experts recommend that you have 2-3 servings of foods that contain good quality protein each day. Meat, fish, and poultry are the major sources. Joe, you say that you're eating more than this amount. That's great! Just make sure you're not getting extra calories, too! Make lower fat choices for meats, fish, and poultry as often as you can. Choosing fish at least twice a week is also recommended. It has been associated with beneficial effects for heart disease and stroke risk. [For more information about protein, click here.](#)

[Want more nutrition information? click here.](#)

Sources: American Dietetic Association; National Institutes of Health; US Department of Agriculture



Motor Vehicle Safety

Safety is everyone's job. Each year, accidents are a major cause of premature deaths and injuries. And auto accidents and fires are among the leading causes. Many of the deaths and injuries due to motor vehicle accidents each year can be prevented. There's a lot you can do to reduce your risk. How are you doing in these three areas of motor vehicle safety?

Seat Belt Use: One of the most important things is to always wear your seat belt (lap and shoulder belt) when you drive or ride in a motor vehicle. Almost everyone knows that seatbelts reduce injuries and fatalities in accidents. But one out of four people still don't buckle up.

Joe, it's great that you always wear your seat belt when traveling in a vehicle. Be sure your lap and shoulder belts fit well. The lap belt should fit low and tight across your lap. The shoulder strap should cross your collarbone. And don't forget others who may be riding with you, especially kids. Be sure they buckle up too.

Joe, it's good that you wear your seat belt. But make it a habit to **always** buckle up to prevent serious injury or even save your life. You never know when an accident might happen.

Getting into the habit of buckling up is not as hard as you might think. Start by making a decision to buckle up each time you get in a car for a week. If you do this, it's likely you'll continue to buckle up thereafter. And don't forget others who may be riding with you, especially kids. Be sure they buckle up too.

Drinking and Driving. Alcohol and driving just don't mix. Apart from being illegal, this habit is deadly. In fact, about every 30 minutes someone dies in an alcohol-related motor vehicle crash. Last year over 1 million people were injured in such accidents.

Joe, it's great that you never drink and drive. Your choice is a good way to protect yourself and others.

Driving Speed. Speeding accounts for about 30% of all motor vehicle crashes and deaths. Speeding is also related to drinking while driving. In about 2 of every 5 speeding related deaths, alcohol intoxication was also involved.

Joe, by following the posted limits you are doing your part to stay safe on the road.

Source: National Highway Traffic Safety Administration, 2006

Self Care

Knowing when to seek medical care and how to treat illnesses and injuries is a key to good health. It's helpful to have a good medical self-care guide on hand when symptoms or injuries occur. This resource can guide you to the best course of action for your problem. The quicker you take the right steps to treat a problem, the quicker you can expect results. Medical self-care books and online self-care guides can help you decide:

- when you should go to the emergency room or clinic;
- when you should see your doctor;
- when you should call your doctor;
- when you should use self-care.

The key is having a resource available before you need it. A medical self-care guide can give you immediate answers. It can prevent unnecessary calls to your doctor's office. It can improve communication between you and your doctor. And it can lead to fewer frustrations. When treatment by a doctor is not needed, many guides suggest home treatments and over-the-counter medicines.

Joe, it's good to remember that no medicine - prescription or over-the-counter - is without risk. Besides benefits, medicines may cause side effects such as allergic reactions. They may also include negative interactions with foods, alcohol, or other drugs.

Studies show that many people do not take prescribed medicines correctly. Many have been given two or more medicines that could interact with each other in a negative way. So if your doctor prescribes medicines for you, make sure you know how to use them safely and effectively. Ask questions. [For a list of what you might ask, click here.](#)

Tobacco Use

Smoking remains a leading cause of preventable deaths throughout the world. Smoking affects nearly every organ in the body. Its harmful effects span all stages of life and start even before birth. Smoking is related to a wide variety of cancer deaths. And it is a major cause of heart disease and stroke. [Click here to read more about the health hazards of smoking.](#) The good news is that stopping smoking at any age greatly decreases these health risks.

Congratulations, Joe! You never started smoking cigarettes. This is one of the most important lifestyle choices you have ever made. Very few people begin smoking after their teens. Stick with your choice. You've added many healthier years to your life.

Stress Management

Stress is a part of normal life. You can't avoid it. Anything that causes you to react physically, mentally or emotionally can be stressful. Your body is well-equipped to handle stress in moderate amounts. It can even be stimulating. But, too much stress or stress that is not managed well can create problems. It can lead to unhappiness, exhaustion, burnout, and even serious illness in the long term. [To learn more, click here.](#)

Joe, you said stress is not much of a problem for you. That's great! Managing stress effectively can lead to many benefits. These include increased energy, improved quality of life, less burnout, and reduced risk for many health problems. If your stress level increases, or if you ever find that you are having trouble managing stress, try some of the following ideas. [For more ideas, click here.](#)

- Be sure you're getting enough sleep.
- Exercise regularly. It's a great stress reducer!
- Share your feelings with others.

Weight Management

The prevalence of overweight or obese people is rapidly increasing throughout the world. The more overweight you are, the greater your risk for heart disease, high blood pressure, stroke, diabetes, osteoarthritis, sleep apnea, cancer, and gallbladder disease. The main causes of obesity are poor eating habits (resulting in an excess of calories) combined with a lack of physical activity. Changes in these areas can result in significant health gains for everyone. Changes to food choices that can help with weight control include:

- Cutting down on portion sizes.
- Limiting foods high in fat.
- Eating more fruits, vegetables, and whole grains.

In addition, health authorities recommend that you get at least 30 minutes of moderate intensity physical activity like brisk walking on most days of the week to help maintain a healthy weight.

Joe, your Body Mass Index (BMI) is 27.4. This is above the range recommended for good health. You may be at increased risk for other health problems.

You may not be thinking about losing weight right now. But if weight loss is recommended, losing even 18.0 pounds would be a great first step to lower your risks. And the benefits of maintaining a healthy weight go far beyond improved health. You are likely to look and feel better and have more energy, too.

Joe, losing a small amount of weight may be easier than you think. When you are ready, you can start by making small changes to your eating and activity habits. Here are some tips that can help.

- Find ways to add moderate activities into your life, such as walking around the block, taking the stairs rather than the elevator, working in your yard, etc. Add more activity as you are able.
- Use portion control. When eating out order a smaller portion. When eating at home, put less on your plate and resist going back for seconds.
- Be realistic. Don't expect to lose or gain weight too quickly. Set a series of short-term goals, such as 1 to 2 pounds a week or 8 pounds a month.
- Cut back on dietary fats and sugars, including fried foods, cakes, pastries, candy, and sodas.
- As you work to improve your diet, you will not always be perfect. Don't let a "dieting failure" become a reason to stop your efforts to lose weight. Don't get discouraged. Just continue with your original plans.
- Keep higher fat foods out of your house as much as possible. Instead, keep fruit, a bowl of washed carrots, low-fat yogurt, or other nutritious choices front and center in your refrigerator.

Clinical Measures

The feedback below is based on the medical values you reported. It is meant for educational purposes only. It should not replace your doctor's advice. This report cannot diagnose disease. Only your doctor can do that. Several factors might explain why a medical value might fall outside the normal range. These include:

- You may have entered incorrect information by mistake.
- The test result could be inaccurate.
- The result could be not typical of your usual level.

But test results that are outside the normal range may mean that you have a problem that needs attention. Please check with your doctor about any values that are too high or too low. He or she can advise you if further tests should be done.

Cholesterol

	<u>Your Results</u>	<u>Desirable Range</u>
Total Cholesterol	165	<200 mg/dL
HDL Cholesterol	50.0	>39 mg/dL
LDL Cholesterol	95.0	<160 mg/dL*

*LDL desirable range is based on your overall risk for heart disease and family history.

Joe, you say you are taking medicine to manage your cholesterol. That's great! Your total, HDL and LDL cholesterol are all in a desirable range.

Your TC:HDL ratio is less than 4.0. This is in a desirable range. Ratios greater than 5.0 increase your risk for heart disease. You can decrease your ratio by increasing good (HDL) cholesterol or by decreasing bad (LDL) cholesterol.

Triglycerides - Your Results: 100.0

Congratulations, Joe. Your triglyceride level is below 150 mg/dL. This is in the desirable range. Keep up the good work!

Blood Sugar - Your Results: 90.0

Joe, it appears that your blood sugar level is in a **desirable** range. That's great!

Blood Pressure - Your Results: 130 / 88

Joe, you said that you are currently taking medicine to manage your blood pressure. But it is still **somewhat high**. Work closely with your doctor to take steps to continue to lower your blood pressure.

Health History

Congratulations, Joe! You described your health as very good. Keep up the good work. Continue to focus on those habits and situations that will help you remain in good health.

Personal and Family Health Records. Joe, do you keep a written record of your personal and family health information? This is an important step you can take to maintain good health. It can help you and your doctor foresee and possibly even prevent potential health problems.

This list below shows current or past health problems which you said were diagnosed by your doctor:

- High Blood Pressure
- High Cholesterol

Current Treatment

You said you are receiving treatment and taking medicines for the following health problems:

- High Blood Pressure
- High Cholesterol

Family History

You said that one or more members of your birth family have had the following health problems. Sometimes these conditions run in families. So check with your doctor if you are unsure about signs and symptoms of which you should be aware.

- Diabetes
- Heart attack (before age 55 if male or before age 65 if female)
- High blood pressure
- Obesity



Physical Exams

All adults should have regular physical exams. A routine physical exam from a doctor or at a health clinic is a way to find out about the state of your health. It gives you an opportunity to ask your doctor questions. It helps you find out if you have a health problem you may not even know about. Some conditions, like high blood pressure and some cancers, may not have any symptoms in the early stages. Tests your doctor does can help detect these.

The Basic Parts of a Checkup

- A complete medical history (questions on family health history, previous illness or disease, emotional well-being)
- A check on how well your body organs are functioning (eyes, ears, heart, skin, bowels, etc.)
- A check of your vital signs (blood pressure, pulse, breathing rate, temperature, height, weight)
- Actual body examination (listening, thumping and looking at specific body parts)
- Routine diagnostic tests (blood tests, X-rays, etc.)
- A check of specific health concerns

Blood Tests

During a routine checkup, your doctor is likely to take a sample of your blood. Two of the most important measures that are part of a standard blood work are your cholesterol levels and your blood glucose (blood sugar) level.

Your blood cholesterol level is an important indicator of your risk for heart disease and stroke. The higher the blood cholesterol level, the higher the risk for most people. All adults age 20 and over should have their total blood cholesterol level checked at least once every 5 years. If possible both HDL ("good") cholesterol and LDL ("bad") cholesterol levels should be checked at the same time. If you do not know your total cholesterol, HDL, and LDL levels, ask your doctor to measure them at your next visit.

Your blood glucose level will show if you are at risk for diabetes. People who have diabetes are unable to use the sugar in their blood effectively. As a result it builds up in the bloodstream. Fasting blood sugar levels greater than 125 mg/dl indicate diabetes. But levels between 100 and 125 mg/dl indicate an elevated risk for diabetes. If your blood sugar is in this range you can take steps to lower it and prevent the onset of the disease. Maintaining a healthy body weight by getting regular physical activity and by eating a healthy diet is the best way to maintain a healthy blood sugar level and prevent diabetes.

Vaccinations

A flu shot given each fall can help prevent the flu or lessen its severity. Persons who should get a flu shot include: People 65 years of age or older; residents of long-term health care facilities; anyone with a chronic medical illness or whose immune system is depressed; and anyone who has close contact with people who are at risk for getting a serious case of influenza. Ask your doctor if you should get an annual flu shot.

Tetanus, or lockjaw, is a disease that affects the central nervous system. It can sometimes result in death. Most adults have gone through the initial tetanus and diphtheria (Td) vaccinations as a

child. But everyone should have a Td booster at least once every ten years throughout their lifetime. It's good that you have kept your immunizations up to date. Keep up the good work!

You say that you have been immunized for measles/mumps/rubella (MMR). That's great! All adults who were born after 1957 should have at least one dose of MMR vaccine in their medical history. For more information on MMR, click on the link to the Centers for Disease Control website link under the More Info section of this page. You say that you've either had Chickenpox (Varicella) or have been immunized. That's great! Varicella...

Colon Cancer Screening

Colon cancer is one of the leading causes of cancer death. Doctors recommend that all adults over age 50 have regular colorectal exams. A test for blood in your stool (fecal occult blood test) should be done every year. In addition, **one** of the following screenings should be done on a regular basis:

- Flexible Sigmoidoscopy - every 5 years
- Colonoscopy - every 10 years
- Double-contrast Barium Enema - every 5 - 10 years

If you are at higher risk for colorectal cancer, your doctor may recommend more frequent screening. Higher risk includes individuals who have a history of inflammatory bowel disease (ulcerative colitis or Crohn's disease) or who have a family history of colorectal cancer.

Your survey was missing information about whether you have been screened for colorectal cancer. If you have not had at least one of the tests shown above within the recommended time frame, please set up an appointment with your doctor to discuss being screened.

Men's Health Screenings

Testicular Cancer Screening

Joe, you say that you examine your testicles for lumps every few months. Practicing monthly testicular self-exams could save your life. Testicular cancer is one of the most common types seen in men under 40. It is usually curable if detected and treated in its early stages. But too often the cancerous lumps are not discovered until the tumor is in an advanced stage. Most lumps are not cancerous. But if you find one, your doctor should check it right away. A monthly testicular self-exam can help detect lumps early in their most treatable stages. [For details about how to perform the exam, click here.](#)

Preventing Sexually Transmitted Diseases

Sexually transmitted diseases (STDs) affect both men and women, and are a worldwide public health concern. STDs are spread by sexual contact involving the genitals, mouth, or rectum.

STDs do not always have clear symptoms, especially in the early stages. So they can be spread by people who don't know they are infected.

Most STDs can be cured. But some cannot, including

- Human Immunodeficiency Virus (HIV), the virus which causes AIDS,
- Human papillomavirus (HPV), which can cause genital warts and also increases the risk of cervical cancer in women, and
- Genital herpes.

Congratulations, Joe, you say that you have not been sexually active with more than one partner over the past year. Your risk for STDs is low.

Being in an exclusive monogamous relationship greatly decreases the odds of being infected with an STD. The risk for STDs increases with the number of sexual partners that either you or your partner has. The best way to avoid infection is to always use protection every time you have sex, until you are sure you and your partner are not infected with an STD.

From a health perspective, if you are in a new relationship, it's safest to delay having sex until you

- are physically and emotionally prepared,
- have agreed to only have sex with each other, and
- have both been tested for STDs.