

# Health and Welfare Alert



## Scheduling Preventive Care, Screenings

### New Year, New You

Part of kicking off a new calendar year is making sure the people you serve are scheduled for routine screenings and renew their commitment to healthy living. Providers should also incorporate ways to make preventive health care more comfortable for the person. Making trips to the doctor or dentist more enjoyable and easy can help encourage the person to stay up to date with screenings and check-ups.

### The Science of Screening

Routine cancer screenings can help minimize risk. The [U.S. Preventive Services Task Force](#) recommends:

Adults ages 50 to 75 should have colorectal exams that screen for colon cancer. A colonoscopy is one type of colorectal screening a person could have every 10 years.

For women, routine gynecological check-ups are critical to prevent breast and cervical cancer. All women should be aware of changes in their breasts and learn instructions for self-examination. Women older than 50 should have a mammogram every two years. Women between 40 and 49 years old can make the personal decision for a mammogram every two years after weighing the potential benefits and harms with their doctor.

For cervical cancer screening, women 21 to 65 years old should have a Pap Smear every three years. After age 30, women should ask their doctor whether a test every five



years would be adequate.

Men ages 55 to 69 can make the personal decision to have periodic screenings for prostate cancer after discussing potential benefits and harms with their doctor.

### Preventive Measures

Cancer screenings aren't the only things that help ensure someone stays healthy. Each year, make sure the person completes

- primary care doctor check-ups,
- yearly physical exam,
- and routine dental and eye exams.

Help people stay current with immunizations, such as the flu or tetanus shot. Ask the person's doctor if other immunizations would benefit their health.

Daily attention to healthy habits can go a long way to prevent disease and health complications.

- Exercise for 30 minutes per day. That could include walking, jogging, or climbing the stairs.
- Eat healthy foods, including high fiber, fruits, vegetables, and lean meats.

### Covering the Cost

Medicaid and Medicare will cover the cost of one mammogram each year. The cost for people with private insurance ranges from no cost to \$35. Check with the person's insurance provider about covering preventive screenings.



### Fast Facts

**73%** of Ohio women older than 40 had a mammogram in the past two years.

– National Cancer Institute, 2016 data

**17%** of Ohio women 40 and older who received DODD and Medicaid services had a mammogram in the past two years.

– DODD (Ohio Medicaid claims), 2015 data