



# **Age Appropriate Health Assessments & Screenings**

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# Age Appropriate Health Assessments & Screenings

## GENERAL HEALTH



- **Comprehensive History & Physical every 1-2 years**
- **Lab tests to include Thyroid Stimulating Hormone (TSH), T3, T4, Estradiol (E2), Estriol (E3), Estrone (E1), Progesterone**

# Bone Health

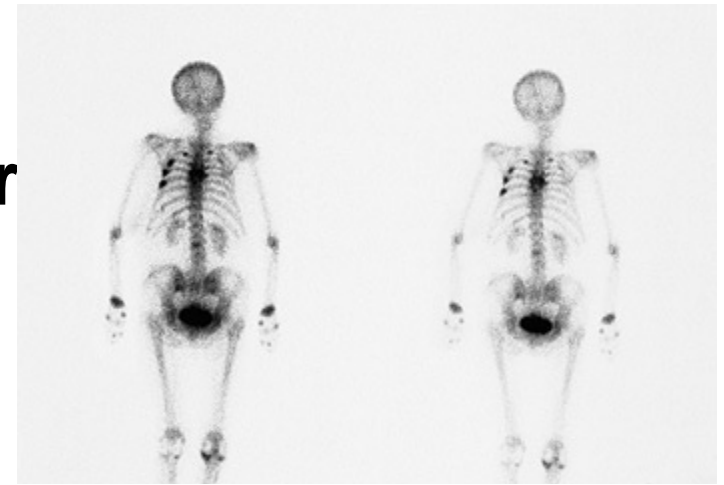
- **Baseline bone mineral density screen in 50's such as Dexascan or Sahara heel ultrasound**

- **Using hormone therapy**

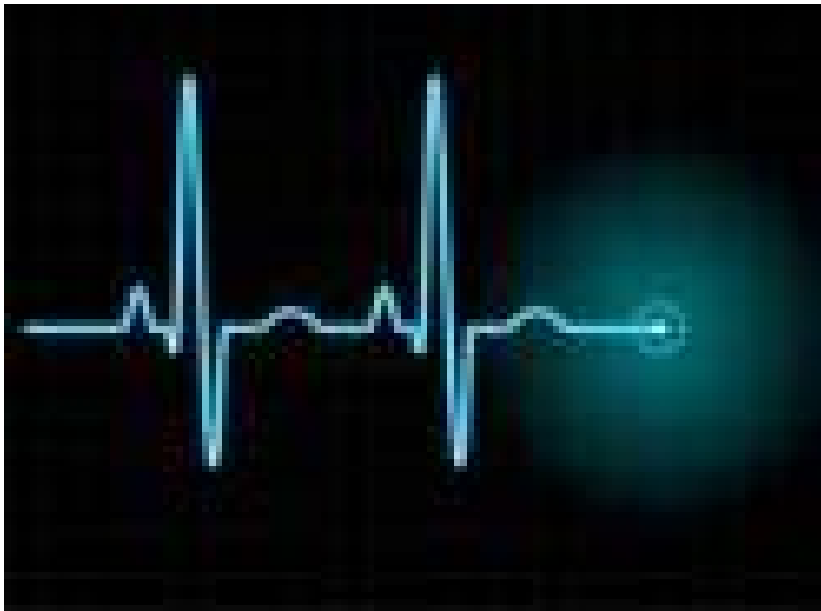
- **Calcium: 1000 milligrams/day or 1500mg/day after menopause**

- **Vitamin D through sunlight exposure and food sources**

- **Regular weightbearing exercise, like walking, running, or strength training**



# Age Appropriate Health Assessments & Screenings



- **Blood Pressure Test at least every two years**
- **Cholesterol, Lipids (HDL & LDL), Triglycerides: Baseline at 45, then every 5 years**
- **Baseline EKG in 50's**

# Breast Cancer Statistics



- **In 2007, an estimated 178,480 new cases of invasive breast cancer will be diagnosed among women, as well as an estimated 62,030 additional cases of in situ breast cancer**
- **approximately 40,460 women are expected to die from breast cancer**

# Age Appropriate Health Assessments & Screenings



- **Breast Self Exam Monthly**
- **Clinical Breast Exam (done by provider) every 1-2 years**
- **Mammogram yearly until 65, then every 1-2 years**

# Age Appropriate Health Assessments & Screenings

## Gastrointestinal Health

- Digital Rectal Exam every 1-2 years
- Fecal occult blood yearly
- Flexible sigmoidoscopy every 5 years or colonoscopy baseline at 50 then every 10 yrs or double contrast barium enema every 5-10 yrs



# Age Appropriate Health Assessments & Screenings



**Monthly mole self-exam, by provider every 1-2 years**

**A- Asymmetry**

**B- Border Irregularity**

**C- Color**

**D- Diameter**





# Deep-Vein Thrombosis (DVT)

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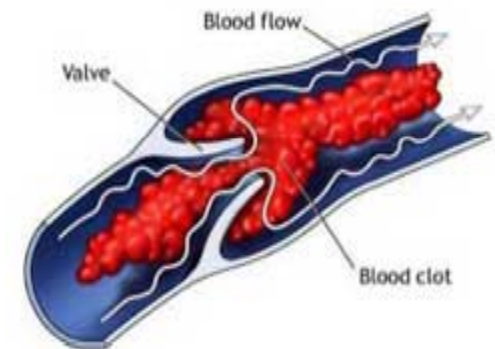
**Up to two million Americans suffer from deep-vein thrombosis (DVT) each year, approximately 300,000 deaths annually result from pulmonary embolism (PE), the majority of which result from DVT - more than breast cancer and AIDS combined. DVT-related PE is the most common cause of preventable hospital death.**

# Deep-Vein Thrombosis (DVT)

**Know your risk factors:**

- **Hypercoagulable State**
- **Chronic Venous Insufficiency**
- **Varicose Veins**

**Certain individuals may be at increased risk for developing DVT, but it can occur in almost anyone.**



# Age Appropriate Health Assessments & Screenings



- **TELANGIECTASIAS** are elongated, dilated, protuberant vessels with incompetent or non-functioning valves

# Clinical Outcome at 1 year

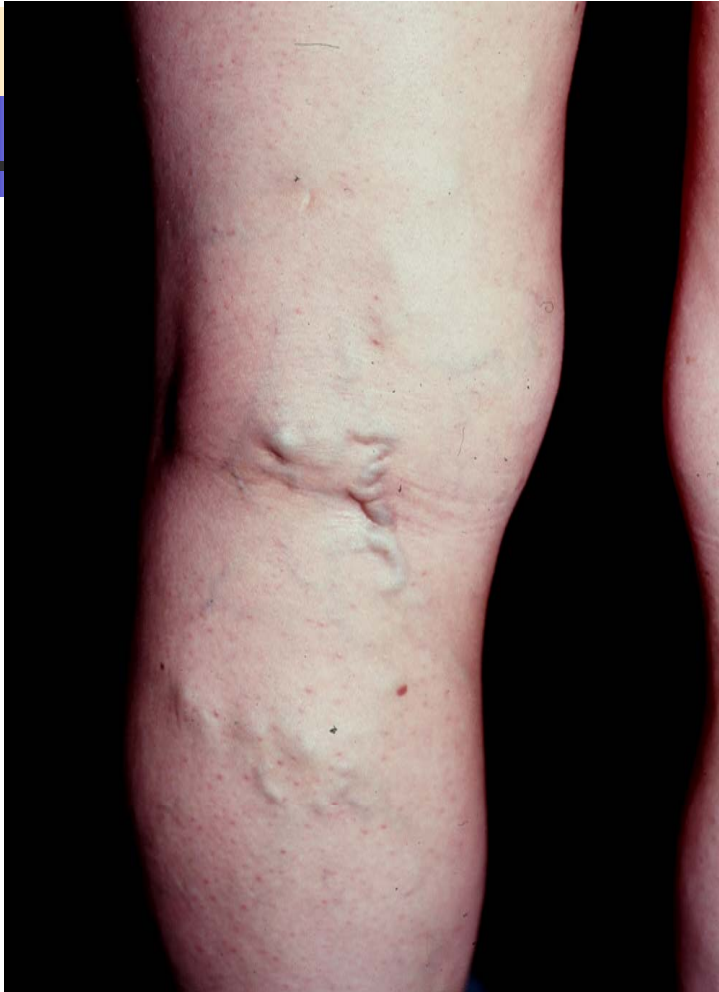


**Before**



**After**

# Clinical Outcome at 1 year



**Before**



**After**

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"If you're coming on this road trip the sign stays!"