



## RECOMMENDED HEALTH SCREENINGS

SCREENING	AGE	DESCRIPTION
<b>ANNUAL PHYSICAL</b>	up to 65	Your primary care provider checks your health history; reviews your current medical concerns; and orders any needed screening.
<b>MEDICARE WELLNESS VISIT</b>	65 and older	Your primary care provider reviews your health history; addresses your current medical concerns; and orders any needed screening. Additional screening for fall risk, memory loss and other changes is completed using questionnaires which have been shown to catch these needs sooner than physical exams.
<b>COLONOSCOPY OR COLOGUARD</b>	45 and over	The American Cancer Society recommends everyone aged 45 and over be screened for colon cancer. People with a higher-than-average risk for colon cancer should begin screenings earlier. Talk to your doctor about what tests are right for you. <b>For more information, please visit <a href="https://hendricks.org/colon">hendricks.org/colon</a>.</b>
<b>CHOLESTEROL SCREENING</b>	40 and over	Cholesterol screening is recommended for all patients starting at the age of 40. Your primary care provider can order this simple blood test.
<b>HEART SCAN</b>	40 - 75	A heart scan checks for coronary artery disease, which occurs when plaque builds up in the arteries. This screening does not require a doctor's order. Our heart scans are \$49. <b>For more information or to schedule, please call (317) 718-8500 or visit <a href="https://hendricks.org/scan">hendricks.org/scan</a>.</b>
<b>LUNG CANCER SCREENING</b>	50-80	A lung cancer screening leads to an earlier diagnosis, getting patients on the road to recovery more quickly. This screening requires a doctor's referral. For more information, visit <a href="https://hendricks.org/lung-scan">hendricks.org/lung-scan</a> .
<b>DIABETES &amp; METABOLIC SYNDROME</b>	45 and over <i>*Depending on risk factors</i>	Our Center for Diabetes Excellence helps patients manage their diabetes. The center focuses on blood sugar monitoring, medication management, insulin management, exercise recommendations, nutrition, preventing complications and more. <b>For more information, please visit <a href="https://hendricks.org/diabetes">hendricks.org/diabetes</a>.</b> The Hendricks Regional Health YMCA Diabetes Prevention Program facilitates a small group of participants in learning healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Participants meet monthly for added support to help maintain their progress. This program is part of the CDC National Diabetes Prevention Program. <b>For more information, please call (317) 266-9622 or email <a href="mailto:preventdiabetes@indymca.org">preventdiabetes@indymca.org</a>.</b>



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<b>NUTRITION, ACTIVITY &amp; WEIGHT MANAGEMENT</b>	all ages	<p>Our registered dietitians provide a wide range of nutrition counseling services that empower individuals to establish habits and lifestyle behaviors that improve their overall health. We partner with the YMCA to offer a variety of special programs including weight management and fitness classes.</p> <p><b>For more information, please visit <a href="https://hendricks.org">hendricks.org</a>.</b></p>
<b>PHYSICAL THERAPY</b>	all ages	<p>You have direct access to physical therapy service - no need to see a physician first. Our Orthopedics team helps you stay active when aches and pains get in the way. Sports medicine experts diagnose, manage, rehabilitate and prevent injuries and diseases of the muscles, bones and joints.</p> <p><b>To schedule a physical therapy evaluation, please call (317) 745-3420.</b></p>
<b>SLEEP</b>	all ages	<p>It's normal to experience trouble sleeping at one time or another. But when you regularly feel sleepy during the day, have problems falling asleep at night or wake up feeling exhausted, it's time to look closely at your symptoms. Our Sleep Disorders Center is accredited by the American Academy of Sleep Medicine. Take the Epworth Sleepiness Quiz at <a href="https://hendricks.org/sleep">hendricks.org/sleep</a>.</p> <p><b>For more information or to get help arranging a referral for a sleep test, call (317) 745-3680.</b></p>

### SCREENINGS SPECIFIC TO WOMEN

SCREENING	AGE	DESCRIPTION
<b>MAMMOGRAPHY</b>	40 and over	<p>Every woman should have an annual clinical breast exam. In addition, the American Cancer Society recommends women 40 or over have mammogram screenings every one to two years. A doctor's order is not needed to schedule a mammogram.</p> <p><b>To schedule an appointment, please call (317) 745-3404 or visit <a href="https://hendricks.org/mammo">hendricks.org/mammo</a>.</b></p>
<b>BONE DENSITY SCREENING</b>	65 and over <i>*Depending on risk factors</i>	<p>Every woman should have a bone density screening every two years. Bone loss can result in osteoporosis and an increased risk of fractures. If found early, early bone loss can be treated with vitamins and prescription medications.</p>

### SCREENINGS SPECIFIC TO MEN

SCREENING	AGE	DESCRIPTION
<b>PROSTATE</b>	50 and over	<p>Men age 50 and over should talk to their doctor about cancer testing; individual risk factors will determine the need to begin testing.</p> <p><b>For more information or to schedule a screening please visit <a href="https://hendricks.org/prostatescreen">hendricks.org/prostatescreen</a>.</b></p>