

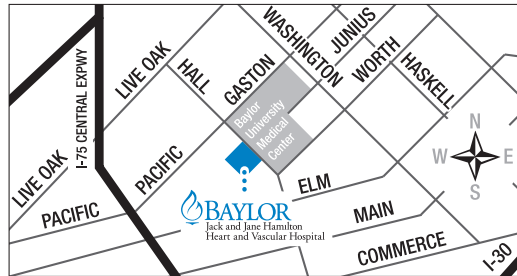
## Start to develop good health habits now with:

- Blood Pressure Check (At least every two years)
- Clinical Breast Exams (Every year). In addition, regular breast self-exams are also an important option.
- Cholesterol (If you smoke, have diabetes or if heart disease runs in your family, start having your cholesterol checked at age 20.)
- Heart Examination (Twice in your 20s, every five years)
- Pap Smear (Annually – or every one to three years after three consecutive normal results)
- Chlamydia Test (If you are 25 or younger and sexually active)
- Skin (Mole) Exam (Do a monthly self-exam for changes that should be reported to a doctor. Have regular skin checks by a doctor if you have already had skin cancer.)

### Other routine screenings to consider are:

- Dental (Visit your dentist at least once a year.)
- Depression (Talk with your doctor if you have concerns.)
- Weight/Body Mass Index (BMI)

For more information, call **1.800.4BAYLOR** or visit us online at **BaylorHealth.com** or **BaylorHeartHospital.com**.



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