

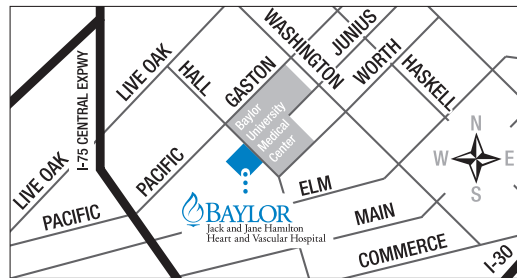
Help ensure your continued good health with:

- Blood Pressure Check (Every two years)
- Blood Sugar Test (Talk with your doctor if you are at risk for diabetes.)
- 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, have your cholesterol checked.)
- Heart Examination (Three times in your 30s, every three to four years)
- Pap Smear and Pelvic Exam (Every one to three years, an HPV DNA test per your physician recommendation)
- Skin (Mole) Exam (Do a monthly self-exam for any changes or 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**.



Baylor University Medical Center at Dallas
3500 Gaston Ave.
Dallas, TX 75246

Baylor Jack and Jane Hamilton Heart and Vascular Hospital
621 North Hall St.
Dallas, TX 75226

Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center at Dallas, Baylor Jack and Jane Hamilton Heart and Vascular Hospital or Baylor Health Care System. ©2010 Baylor Health Care System. MOD-10091. upload-online. 5/10.