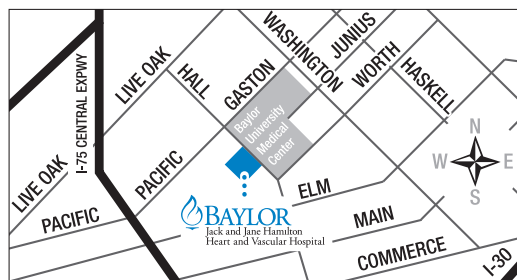


Maintain your health and vitality with:

- Blood Pressure Check (Every two years)
- Blood Sugar Test (Talk with your doctor if you are at risk for diabetes.)
- Mammogram (Every one to two years)
- Clinical Breast Exams (Every year). In addition, regular breast self-exams are also an important option.
- Cholesterol Check (Every five years)
- Colorectal Cancer Screening as recommended by your physician
- Heart Examination (Every year)
- Osteoporosis Tests (Have a bone density test at age 65 to screen for osteoporosis, i.e. thinning of the bones.)
- 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.)

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



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