

## Medical Checklist

- ☒ **Schedule a comprehensive physical exam.**
- ☒ **Immunizations.** Check with your doctor to make sure everything is on schedule.
- ☒ **Electrocardiogram (EKG).** Make sure your heart is strong.
- ☒ **Blood tests.** These are the best tools to detect such potential health problems as diabetes and heart disease.
- ☒ **Colon cancer screening.** If you've turned 50, it's time.
- ☒ **Ophthalmology exam.** Protect your vision and your general health with an exam that includes a test for glaucoma.
- ☒ **Skin check.** Especially if there is a history of skin cancer in your family, you should consider getting a head-to-toe once-over by a dermatologist.
- ☒ **Don't forget your teeth.** Schedule a cleaning and dental checkup.

### For Men Only

- ☒ Schedule a prostate-specific antigen test. It's a blood test that can be very helpful in early detection of prostate cancer.

### For Women Only

- ☒ **Schedule a pelvic exam, including a Pap smear.** This is for general health and also for early detection of cervical cancer.
- ☒ **Schedule your annual mammogram.** It's still one of your best bets for early detection of breast cancer.