



These monthly articles have been written for our CCHP HMO members to encourage healthy living, and help to manage and prevent diseases, accidents and prevent injuries.

This Month's Article Describes Important Health Screenings for Our CCHP HMO Members January, 2012

What are the Screening Tests for Colorectal Cancer?

The most common tests for colorectal cancer screening are:

- High-sensitivity fecal occult blood (FOBT) (repeat every year)
- Flexible sigmoidoscopy (repeat every five (5) years)
- Colonoscopy screening starting at age 50 (if screening is normal, repeat every ten (10) years).

Flu Vaccine, Hepatitis B Vaccine, and Pneumonia Vaccine

For ages 65 and above, the CDC recommends that each senior receive, at a minimum, the following:

- Influenza – 1 dose of the regular flu vaccine and the H1N1 flu vaccine each year in the fall or winter season
- Pneumococcal (pneumonia) – 1 dose at age 65 (if you received this shot before you were 65, you will need another shot at age 65 AND it has been 5 years since your most recent shot)
- Hepatitis B – 3 shots for complete protection (based on specific risk factors – check with your doctor to see if you are at high risk for Hepatitis B)

What is High Cholesterol? How do I know if my cholesterol is high? High cholesterol doesn't have any symptoms, so you may have high cholesterol and not even know it. Your doctor can do a simple blood test to check your cholesterol levels. It is recommended that you have your cholesterol levels checked at least every five (5) years. If you are overweight or obese, and have a family history of high cholesterol or heart disease, you are at a higher risk of developing high cholesterol.

What is a Mammogram, and why should I have one?

- A mammogram is a safe, low-dose x-ray of the breast; it can find breast cancer early and save lives.
- All women age 40 and older should have a mammogram every year.
- As you get older, your chances of getting breast cancer get higher.
- Cancer can show up at any time, so one mammogram is not enough.

What is Glaucoma and how is it detected?

In a healthy eye, fluid is constantly being made and drained through a drainage canal. When something blocks or prevents this drainage, the pressure inside the eye goes up. Glaucoma is often caused by increased pressure that can develop when the fluids in the eye are not draining properly. This condition can damage the nerve that connects the eye to the brain and leads to loss of vision. Glaucoma is easily detected with a medical eye examination. Optometrists or ophthalmologists (eye doctors) can measure the pressure inside the eye with a quick and painless office test.

Do You Need More Information?

For further information or references on any of the above healthcare topics, please see the CCHP HMO Member Webpage, go to Health Builder, and View Previous Articles.

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