

# This Year, Be Good to Yourself



**"An ounce of prevention is worth more than a pound of cure."**



Preventative screenings and tests save lives by:

- Identifying previously undiagnosed conditions or risks of a condition
- Allowing doctors to start treatments early
- Helping to control the condition quickly
- Allowing you to make lifestyle changes that can improve your health



## Did You Know?

Of the estimated 17 million people with diabetes in the country, about 5.9 million are undiagnosed.

*Without effective treatment, diabetes becomes a leading cause of blindness, kidney failure, heart disease, and stroke.*

## Routine Preventative Screening Calendar

Which Screen	When to Get it Done
Dental Check-ups	Once or twice each year
Eye Exams	Ask your doctor when to come in for regular eye exams
Blood Pressure	Ask your doctor how often you should have your blood pressure checked—then keep track of it
Cholesterol	Ask your doctor how often you should have your cholesterol checked—then keep track of it
Diabetes (high blood sugar)	Each year during your regular physical and blood workup
Flu shot	Every year
Pneumonia shot	Once at about age 65 OR if you have certain diseases you may need it before age 65—check with your doctor



**Volunteers of America**  
Colorado Branch

For additional information please contact the Volunteers of America Seniors' Nutrition Program at 303-297-0408. The Volunteers of America Seniors' Nutrition Program is funded in part by the Denver Regional Council of Governments Area Agency on Aging.  
Placemat written by Leighanna Konetski, Community Nutritionist.