

Disease Prevention Checklist

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:



GET SCREENED FOR DISEASES

Some screenings can reduce your risk of dying from a disease. But sometimes, experts say, a test may cause more harm than good. Before you get a test, talk with your doctor about the possible benefits and harms to help you decide what's best for your health.

TO LEARN ABOUT THE BENEFITS AND HARMS OF SCREENING TESTS, TALK TO YOUR DOCTOR. COMMON TESTS LOOK FOR:

- High blood pressure.
- Elevated blood lipids, including cholesterol.
- Diabetes and prediabetes, including during pregnancy.
- Depression and anxiety.
- Substance use disorders.
- Reduced bone density (osteoporosis).
- Sexually transmitted infections and blood-borne diseases, including HIV, syphilis, hepatitis B and C, gonorrhea, and chlamydia.
- Cancer, including colorectal, cervical, breast cancer, and lung cancer in some current and former smokers.