



LIST FOR HER

Ask Questions: Don't be afraid to ask your doctor or healthcare professional some of the questions we have listed here, especially the ones noted in **boldface**. Along with this **Check list**, if you have filled out your **Self chec™ Family Tree**, and checked your **Cancer Disease Risk Calculator**, both located on the **Self chec™ Web site** at www.selfchec.org, don't forget to take them with you, too. This will help you and your healthcare professional use the time you have together in a constructive way. A yearly check-up is your best opportunity to stay healthy by getting yourself checked as comprehensively as possible.

Get Answers: Make sure you understand your doctor's answers. Ask questions until you do. Take notes.

I have created a Family Tree and/or have my results from the Cancer Risk Calculator. Given my family history and risk of certain cancers, please help me understand:

- Which heredity-based conditions should I seriously be watching out for?
- Which screening tests should I be taking and when?

Go to your **Self chec™ caring card kit** or the **Self chec™ Web site** at www.selfchec.org to learn about the importance of screening and early detection and to start practicing our life-saving Prevention Tips. This may help you change the course of your family history before it has an impact on your health

Every year as needed:

- Height and Weight
- Blood Pressure
- Take home a **Fecal Blood Test**
- Colonoscopy
- Pap Test
- Skin Cancer Check
(including the bottom of my feet and scalp)
- Breast Cancer Check

Talk to me about other cancers:

- Are there any tests available to detect **Ovarian cancer**?
- I smoked for many years. Should I get a CAT scan or x-ray for **Lung cancer**?
- Please check the inside of my mouth for **Oral cancer**.

Talk to me about HEART DISEASE...

- It runs in my family. What are my risk factors?

- I've heard a lot about cholesterol. How often should I have it checked and what are my target cholesterol levels?
- Would the measurement of my cardiac CRP help to assess my risk of heart disease?

Talk to me about DIABETES...

- It runs in my family. Should I be tested?

Talk to me about ALZHEIMER'S DISEASE...

- It runs in my family. Should I be tested?

Talk to me about OSTEOPOROSIS...

- It runs in my family. Should I be tested?

Talk to me about MENTAL HEALTH...

- I am unusually anxious and worried lately and have trouble sleeping.

Talk to me about (HRT) Hormone Replacement Therapy...

- What should I believe?

Talk to me about VITAMINS, HOMEOPATHIC and COMPLEMENTARY MEDICINE...

Please remember, some of the conditions mentioned above occur when you are older.

Don't forget to check in your **Self chec™ caring card kit** or on the **Self chec™ Web site** at www.selfchec.org for the age-appropriate screening guidelines for the cancers that are preventable and treatable.

Other questions...

Use a separate piece of paper to list any additional questions you have.

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