



LIST FOR HIM

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
- PSA, DRE Tests
- Skin Cancer Check
(including the bottom of my feet and scalp)
- Breast Cancer Check

Talk to me about other cancers:

- 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...

- Lately I get tired easily and have been having trouble sleeping.
- I am unusually anxious and worried lately.

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.

