

Name \_\_\_\_\_ Date \_\_\_\_\_

Directions: Listen to the patients telling their health histories. Fill in the information you hear.

	Patient 1	Patient 2	Patient 3	Patient 4	Patient 5
Last Name					
Date of Birth					
Surgery					
Allergies					
Medication					
Family History	----	----	----	----	----
Cancer					
Diabetes					
Heart Disease					

***Talk to your classmates about these situations. Give reasons for your answers.***

1. Melissa is 29 years old. She feels fine, but she hasn't been to the doctor for 5 years. ***Is this OK?***
2. Chen is at the clinic for a check-up. They ask him if he has any history or family history of high blood pressure. He says "No." ***Should the nurse check his blood pressure?***
3. Monica is 42 years old. Her teeth feel fine, and nothing hurts in her mouth. ***Does she need to see a dentist?***
4. Christopher is 63 years old. He had a colonoscopy last year, and the doctor said everything was fine. ***Does he need one now?***
5. Alana is 55 years old. She had a mammogram one year ago and everything was fine. ***Does she need another one now?***

## As a WOMAN, what screenings do I need?

Test	My Language	Why?	When?
Mammogram		Test (x-ray) for breast cancer	Every 1 to 2 years after age 40
Pap Smear		Check for cervical cancer	Every 1-3 years after age 21, or younger if sexually active
Cholesterol Check		High cholesterol is bad for your heart	Regularly after age 45, or earlier if you smoke, have diabetes or family history of heart disease
Colonoscopy		Check for colon cancer	At age 50, then every 10 years
Blood Pressure		High blood pressure can cause stroke and heart problems	Every 1-2 years
Bone Density Test		Check for osteoporosis (thin bones)	Over age 65, or younger for some women. Ask your doctor.
Dental Check-up		Check for cavities and problems with your teeth and gums	1 or 2 times a year
HIV Test		HIV may cause AIDS	6 weeks to 3 months, or every 6 months, depending on whether you are sexually active with one or multiple partners. Ask your doctor.
HCV Test		Hepatitis C may cause liver disease	If you have ever injected recreational drugs, or received a blood transfusion before 1992, or show symptoms of liver disease. Ask your doctor.

## As a MAN, what screenings do I need?

Test	My Language	Why?	When?
Prostate Exam		Physical check for prostate cancer	Ask your doctor
PSA Test (blood test)		Test for prostate cancer	Ask your doctor
Cholesterol Check		High cholesterol is bad for your heart	Regularly after age 20
Colonoscopy		Check for colon cancer	At age 50, then every 10 years
Blood Pressure		High blood pressure can cause stroke and heart problems	Every 1-2 years
Bone Density Test		Check for osteoporosis (thin bones)	Over age 65, or younger for some men. Ask your doctor.
Dental Check-up		Check for cavities and problems with your teeth and gums	1 or 2 times a year
HIV Test		HIV may cause AIDS	6 weeks to 3 months, or every 6 months, depending on whether you are sexually active with one or multiple partners. Ask your doctor.
HCV Test		Hepatitis C may cause liver disease	If you have ever injected recreational drugs, or received a blood transfusion before 1992, or show symptoms of liver disease. Ask your doctor.