A SHORT GUIDE to a LONG LIFE

An online educational course with
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Course Workbook
Overall feeling: How do you feel? It’s arguably the most important question to ask of yourself. You might feel great today, but how about yesterday? When do you have your low moments? Is there a pattern? Is it hard for you to get out of bed in the morning (yes/no)?

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Energy levels: How would you rank your energy level on a scale of 1 to 10? How has it changed in the last year?

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Schedule: How regular is your schedule of when you eat, exercise, and sleep? Is every day the same or different?

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Breathing: Anything abnormal to report (yes/no)? Do you hear or feel rattles when you breathe (yes/no)? Does it hurt to breathe deeply (yes/no)? Do you cough when you take a deep breath (yes/no)? Answer these questions when you are at rest and after exercise.

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Exercise tolerance: How much can you comfortably tolerate? How does this amount of physical activity compare with how you felt and how hard you moved your body last year? Does anything hurt or feel funny when you move or exercise (yes/no)?

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Respond to each question carefully and honestly. Circle yes or no where appropriate and take as many notes as you can. Most of these questions are meant to be answered with regard to the present day, but should any question prompt you to recall an event or concern you had within the past year, include that in your response. Spend time with this document. Fill it out in a comfortable place where you don’t have any distractions. Feel free to complete the first half one day, the second half the next, and then go back and revisit your responses prior to scheduling your appointment. You might find that you won’t be able to answer a certain question right away, and need to think about it over the course of a few days. You'll be able to take the greatest advantage of this questionnaire if you do your best to complete it long before you step into your doctor’s office.
Personal Health Inventory Questionnaire (cont’d)

Walking: Are you walking the same way you always have (yes/no)? Do you lean to one side and never did before (yes/no)? Do you hunch over more (yes/no)? Is it hard to walk fully upright (yes/no)?

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Sensations: Anything unusual or out of the ordinary to report in any part of your body (yes/no)? For example, how is your sense of smell? Is it as strong as ever? Weak?

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Skin: When you scan your skin for any strange marks, growths, or bumps while naked in front of the mirror, do you find anything (yes/no)? Has anything changed since the last time you examined your skin (yes/no)? Do your socks leave indentation marks on your ankles/legs (yes/no)? If so, this could indicate that your heart isn’t working properly and fluid is getting stagnant in areas, increasing your risk for a blood clot.

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Hair: Has your hair changed at all in terms of thickness, texture, growth/loss, and so on (yes/no)? Have you lost hair around your ankles (yes/no)? This could be a sign of a circulatory problem, especially noticeable in men. Conversely, do you have hair growing in odd places, such as your arms and face (yes/no)? This could signal hormonal changes, especially in women.

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Unlike other self-tests, this one doesn’t have a scorecard. Your answers are your own. I encourage you to print this questionnaire out and write your answers directly onto the page. Be as comprehensive, detailed, and descriptive as you can. Bring this with you as a reminder of things to discuss when you visit with your primary care physician. Don’t be intimidated to share your responses with your doctor. And if you don’t feel comfortable doing so, then find a doctor whom you can trust at this level. Remember, this is about you...supporting lasting health and ending your own potential illness.
Personal Health Inventory Questionnaire (cont’d)

**Nails:** These dead tissues can actually tell you a lot. Have they changed in appearance or color lately (yes/no)? Discolored nails can signal certain conditions, from a simple infection to diabetes. If your nails have a yellowish hue to them, it’s time for a diabetes check. Nails can also indicate iron levels. Look for a whitish crescent C at the base of your nails, which indicates good iron levels.

**Fingers:** Do your joints ache after using them (yes/no)? If you’re a woman, is your ring finger longer than your index finger (yes/no)?

**Joints:** Do they hurt (yes/no)? More in the morning when you get up, or after a long day? What makes the aching joints better?

**Appetite:** Is it the same as it used to be? Stronger? Weaker? Do you have serious cravings (yes/no)? If so, for what?

**Breasts:** If you’re a woman, do you see or feel any lumps, bumps, or dimples when you perform a breast exam (yes/no)?

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If you’re a woman whose index finger is longer than your ring finger, you may be twice as likely to suffer from osteoarthritis. That’s according to a 2008 study in the journal *Arthritis & Rheumatism*, which discovered this odd connection and hypothesized that longer ring fingers are linked to higher levels of testosterone exposure in the womb. Higher prenatal levels of testosterone lower the concentration of estrogen, which is critical to bone development.

If you’re a man whose index finger is longer than your ring finger, your risk of prostate cancer drops by a third.
Personal Health Inventory Questionnaire (cont’d)

**Digestion:** Any feelings of discomfort to report (yes/no)? Do you have to use any over-the-counter medications for your digestion/stomach on a regular basis (e.g., Tums, Pepto-Bismol, Tagamet, Zantac, Prevacid, laxatives, and the like) (yes/no)? If you have symptoms, are they better or worse after eating a meal? Do you experience an intolerance, sensitivity, or allergy to certain foods (yes/no)? Which foods?

**Headaches:** Do you experience headaches regularly (yes/no)? Migraines (yes/no)? Do you know the triggers for such headaches (yes/no)? Do you find yourself taking over-the-counter painkillers consistently (e.g., Advil, Aleve, Tylenol, Excedrin, aspirin, and the like) (yes/no)?

**Allergies:** Do you have any (yes/no)? Have your allergies changed over the years (yes/no)? How so?

**Sleep:** Do you sleep well (yes/no)? Do you resort to sleep aids on occasion (yes/no)? Do you wake up feeling rested most of the time (yes/no)? How consistent are your bedtimes and wake times? Does your bed partner say that you snore (yes/no)?

**Pain:** Is there any area where you feel discomfort or pain (yes/no)?

Sleep apnea, which is often characterized by snoring, is incredibly common today and is a known risk factor for a heart attack. Luckily, sleep apnea can be treated pretty successfully.
Personal Health Inventory Questionnaire (cont’d)

**Passing colds and flus:** Do you get sick a lot (yes/no)? How many fevers have you had this past year? When you get sick, does it seem to take you longer than your friends or family members to get better (yes/no)? Did you get a flu shot this year (yes/no)?

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**Mood:** How stable is your mood? Do you have feelings of depression (yes/no)?

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**Hormonal cycle:** If you’re a woman, is your cycle regular (yes/no)? Are you in perimenopause or menopause?

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**Previous diagnoses:** What have you previously been diagnosed with? Is there anything that you deal with chronically (yes/no)?

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**Stress level:** On a scale of 1 to 10, how bad is it? Is it chronic or just once in a while? Does the stress affect your lifestyle? If your stress is work-related, do you love or hate your job?

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*Turns out that if you love your job despite the stress, you’re much better off than if you hate your job and it causes you stress!*
**Weight:** Are you happy with it (yes/no)? Have you tried to change it (yes/no)?
What happened when you did? Do you have a paunch that you cannot get rid of (yes/no)?

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**Medications (prescription and nonprescription):** What do you take, for what conditions, and for how long have you been taking them? This includes all vitamins, supplements, additives, and occasional medications (such as a few Tylenol or Advil for a headache).

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**Health-care prevention:** Are you up-to-date with things like routine exams/wellness checkups, vaccines, screenings (e.g., Pap smear, colonoscopy, etc.), and blood tests (yes/no)? Do you know what foods you’re supposed to be eating given your underlying disease risk factors (yes/no)?

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**Overall satisfaction:** If you had to rank how you felt about yourself in general, on a scale of 1 to 10, what would your number be? What kind of report card would you give yourself? What do you want to change in your life?

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Your One, Five, Ten, and Twenty-Year Health Strategy

Where do you see yourself in twenty years from a health perspective? What will you look like if you keep on the same path you’re on now? What do you want to look like? It’s hard to picture ourselves that far in the future, but it can help inform the choices we make today. Devise a plan below and be sure to visit and revisit it with updates and progress, regularly. For example, if your goal is to lose weight, reframe the goal in achievable milestones:

- I will work out at least five days a week for thirty minutes at a time.
- I will remove 80 percent of processed foods from my diet.
- I will see my doctor once a year for a routine checkup.

One-Year Strategy: I will be _______ in the year _______.
My strategy is ________________________________________
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Five-Year Strategy: I will be _____ in the year _______.
My strategy is ________________________________________
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Ten-Year Strategy: I will be _____ in the year _______.
My strategy is ________________________________________
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Twenty-Year Strategy: I will be _____ in the year _______.
My strategy is ________________________________________
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What Are the Key Tests?

Below you will find a basic outline to consider as a starting point to obtain your baseline metrics. Your doctor may already have a recommended, and more comprehensive, list of items he or she will review during an annual checkup. This is a general map for your overall checkup landscape. Have your doctor run the following tests, all of which can be obtained through a simple blood draw:

**Fasting lipid profile:** This is a group of tests that are often ordered together to determine risk of coronary heart disease; they include your cholesterol and triglyceride numbers. You have to fast for about twelve hours prior to the test, but you can drink water.

**Levels of high-sensitivity C-reactive protein:** This is a biomarker of inflammation, which can point to your risk for cardiovascular trouble, among other things, if your levels are high.

**Comprehensive metabolic panel (CMP):** This is a frequently ordered panel of tests that gives your doctor important information about the current status of your kidneys, liver, and electrolyte and acid/base balance as well as all of your blood sugar and blood proteins.

**Complete blood cell count (CBC):** This is one of the most commonly ordered blood tests, which is the measure of concentration of white blood cells, red blood cells, and platelets in the blood. The size of your red cells can be a good indicator of nutritional deficiencies. You want this number, called the mean corpuscular volume or MCV, to be between 85 and 95 fl. You also want to see that your red cells come in all different sizes, which shows cells at different stages of their life span.

**Thyroid stimulating hormone (TSH) test:** Your thyroid is your master metabolism hormone. If it’s out of balance, guess what? So is your whole system. An underperforming thyroid (hypothyroidism) is one of the most underdiagnosed conditions in America, yet it’s incredibly common—especially in women. It’s believed that 20 percent of all women have a “lazy” thyroid, but only half of women get diagnosed. Unfortunately, no single symptom or test can properly diagnose hypothyroidism. To arrive at a trustworthy diagnosis, you’ll also need to look at your symptoms. These can include weight gain, fatigue, constipation, hair loss, and even shortened eyebrows, as one of your thyroid’s functions is to regulate how quickly your cells replenish themselves. When your levels of thyroid hormone drop below normal, the effect can be seen in almost every cell in your body, including hair follicles. To fix a thyroid problem, you’ll also need to look at the whole picture—all the things that make up your lifestyle. (A rarer condition called hyperthyroidism happens when the thyroid goes into overdrive, producing too much thyroid hormone. This also has negative effects on the body, triggering heart and bone problems among other things.)
Hemoglobin A1C: To understand what a hemoglobin A1C is, think in the following simple terms: Sugar sticks to things, and when it’s around for a long time, it gets harder and harder to remove. In the body, sugar also sticks, particularly to proteins. The red blood cells that circulate in the body live for about a hundred days before they die, and when sugar sticks to these cells, it gives doctors an idea of how much sugar has been around for the preceding three months. In most labs, the normal range is 4 to 5.9 percent. In poorly controlled diabetes, it’s 8 percent or above, and in well-controlled patients it’s less than 7 percent. The benefit of measuring hemoglobin A1C is that it gives a more reasonable view of what’s happening over time (about three months), and the value does not bounce as much as finger-stick blood-sugar measurements. While there are no guidelines for using hemoglobin A1C as a screening tool, it gives a physician a good idea that someone is diabetic if the value is elevated. It’s one of the few tools doctors can use to look at an “average” in you that you cannot fib. Diabetes can just happen. It’s not just about being overweight, so if you suddenly develop this disease for whatever reason, you don’t want to miss that.

Fasting lipid profile

Levels of high-sensitivity C-reactive protein

Comprehensive metabolic panel (CMP)

Complete blood cell count (CBC)

Thyroid stimulating hormone (TSH) test

Hemoglobin A1C
Key Measurements and Personal Metrics

Below is a list of general questions to ask yourself during your personal checkup every couple of months after you’ve completed the Personal Health Inventory Questionnaire.

How would you rank your overall energy levels?

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Anything abnormal to report (skin, hair, sensations, breathing, appetite, digestion)?

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Do you suffer from any chronic conditions?

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How bad is your stress level on a scale of 1 to 10?

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Are you happy?

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What do you want to change in your life?

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What is your weight? (Aim to measure your weight once a week or every two weeks.)

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In simplest terms, a personal metric is a data point, rule, standard, or detail that says something about your health. Your weight, for instance, would be a personal metric. Your need to go to bed at exactly 10:00 p.m. to feel good the next day is a personal metric. From a broader perspective you can also look at metrics as a set of habits or customs you subscribe to that affect your health—that either enhance or detract from the state of body that you aim to achieve. To maximize your understanding of your personal metrics, it also helps to complete the following two exercises:

- Track your Body Mass Index, or BMI, yearly.
- Measure your blood pressure on a regular basis using five columns, especially if you have a history of elevated blood pressure or are over 40 years old.

**Column 1:** Date

**Column 2:** Time of day

**Column 3:** Blood pressure

**Column 4:** Pulse (beats/60 seconds)

**Column 5:** Notes that describe what’s going on at that time—i.e., you just woke up, it’s bedtime, you’re relaxed having a glass of wine, or you’ve just gotten off an irritating phone call.

Bring several weeks of data with you to your doctor’s office for him/her to review. You can use the chart on the next page as a template.
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Decade by Decade

The purpose of this section is to give you a decade-by-decade list of things to do, from the information that you should be collecting routinely about yourself to the preventative steps you can take that are attuned to your age.

**In Your 20s**

**Blood Pressure:** Check this at least once a year, or more frequently if it’s previously been abnormally high or low.

**Fasting Cholesterol:** Get your cholesterol tested after you have fasted for 9 to 12 hours (what’s called a “fasting cholesterol”), which will give you a more accurate picture of the important numbers: total cholesterol, LDL, and HDL cholesterol, as well as triglyceride levels. You’ll want to do this test every 5 years, or more frequently if you’ve had an abnormal test result.

**Dental Health:** Visit a dentist annually for a checkup and professional cleaning. If your mouth is prone to problems such as tooth decay, then make sure to see your dentist every six months.

**Eye Health:** Visit an ophthalmologist (eye doctor) for an eye exam every 2 years, or as your doctor recommends.

**Sexual Health:** Get tested for sexually transmitted diseases; sexually active women should have an annual Pap smear and pelvic exam.

**Immunizations:** Get a tetanus-diphtheria booster shot at age 19 and the vaccine for human papilloma virus if you haven’t already; get a flu vaccine every year. Individuals born in 1980 or later should receive a second varicella (chicken pox) vaccine.

**Skin Exam:** Look for marks or changes on your skin monthly and have a doctor do an annual skin check.

**Testicular Exam:** Perform a monthly self-exam, especially if there is a family history of problems.

**Breast Exam:** Perform a monthly self-exam, especially if there is a family history of problems.

**Exercise:** Develop a personal exercise program and also keep track of your movement during the day with an accelerometer, and develop a personal target for yourself.

**Diabetes:** Check hemoglobin A1C (also called glycosylated hemoglobin) if you have a family history of diabetes or have a BMI greater than or equal to 25, or history of gestational diabetes. The hemoglobin A1C test will give you your average blood sugar value over the previous three months and is a better indicator of your overall number.
Decade by Decade

The purpose of this section is to give you a decade-by-decade list of things to do, from the information that you should be collecting routinely about yourself to the preventative steps you can take that are attuned to your age.

**Blood Pressure:** Check this at least once a year, or more frequently if it’s previously been abnormally high or low.

**Fasting Cholesterol:** Get your cholesterol tested every 5 years, or more frequently if you’ve had an abnormal test result. A “fasting cholesterol” is taken after you’ve fasted for 9 to 12 hours and gives a more accurate test result.

**Dental Health:** Visit a dentist annually for a checkup and professional cleaning. Go twice a year if your mouth is prone to problems like tooth decay.

**Eye Health:** Visit an ophthalmologist (eye doctor) for an eye exam every 2 years, or as your doctor recommends.

**Sexual Health:** Get tested for sexually transmitted diseases; women should have an annual Pap smear and pelvic exam.

**Immunizations:** Maintain booster shots and the annual flu vaccine.

**Skin Exam:** Look for marks or changes on your skin monthly and have a doctor do an annual skin check.

**Testicular Exam:** Perform a monthly self-exam, especially if there is a family history of problems.

**Breast Exam:** Perform a monthly self-exam, especially if there is a family history of problems.

**Exercise:** Develop a personal exercise program and also keep track of your movement during the day with an accelerometer, and develop a personal target for yourself.

**Diabetes:** Check hemoglobin A1C (also called glycosylated hemoglobin) if you have a family history of diabetes or have a BMI greater than or equal to 25, or history of gestational diabetes. The hemoglobin A1C test will give you your average blood sugar value over the previous three months and is a better indicator of your overall number.

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**In Your 30s**
Decade by Decade

The purpose of this section is to give you a decade-by-decade list of things to do, from the information that you should be collecting routinely about yourself to the preventative steps you can take that are attuned to your age.

In Your 40s

Blood Pressure: At your doctor’s office, check this at least once a year, or more frequently if it’s previously been abnormally high or low. At home, aim to keep tabs on your blood pressure more regularly and record your numbers. Notice any patterns that occur, such as your BP rising every afternoon, or lowering after exercise.

Fasting Cholesterol and Inflammation Markers: Get these tested every 3–5 years, or more frequently if you’ve had an abnormal test result. Inflammation markers are compounds in the blood that reflect systemic inflammation going on the body—signaling that something isn’t right.

Dental Health: Visit a dentist annually for a checkup and professional cleaning. Go twice a year if your mouth is prone to problems like tooth decay.

Diabetes Screening: Get your blood sugar tested at least once a year, more frequently if you’ve had an abnormal test result. Be sure to get your hemoglobin A1C test by age 45. The hemoglobin A1C test will give you your average blood sugar value over the previous three months and is a better indicator of your overall number.

Eye Health: Visit an ophthalmologist (eye doctor) for an eye exam every 2 years, or as your doctor recommends.

Immunizations: Maintain booster shots and the annual flu vaccine.

Breast Exam: Perform a monthly self-exam, especially if there is a family history; ask about when you should get your first mammogram. Annual mammography in this age group has been confirmed to decrease mortality but is not recommended by all professional organizations due to differing risk benefit analyses. Options for breast cancer screening should be discussed with your provider yearly.

Testicular Exam: Perform a monthly self-exam, especially if there is a family history of problems.

Prostate Exam: Get your baseline PSA test (an indicator for prostate cancer) if you’re African-American or there is a family history of problems; otherwise, you can wait until age 50.

Skin Exam: Look for marks or changes on your skin monthly and have a doctor do an annual skin check.

Exercise: Develop a personal exercise program and also keep track of your movement during the day with an accelerometer, and develop a personal target for yourself.

Preventive medications: Have the discussion with your doctor whether a daily aspirin (75 or 81 mg) and statin make sense as preventive therapy based on your family history and personal risk factors.
Decade by Decade

The purpose of this section is to give you a decade-by-decade list of things to do, from the information that you should be collecting routinely about yourself to the preventative steps you can take that are attuned to your age.

Blood Pressure: At your doctor’s office, check this at least once a year, or more frequently if it’s previously been abnormally high or low. At home, aim to keep tabs on your blood pressure more regularly and record your numbers. Notice any patterns that occur, such as your BP rising every afternoon, or lowering after exercise.

Fasting Cholesterol and Inflammation Markers: Check these every 3–5 years, or more frequently if you’ve had an abnormal test result.

Colorectal Exam: Get a colorectal exam annually. This includes colonoscopy every 10 years; Fecal Occult Blood Testing every 3 years with sigmoidoscopy every 5 years; or Annual Fecal Occult Blood testing.

Dental Health: Visit a dentist annually for a checkup and professional cleaning. Go twice a year if your mouth is prone to problems like tooth decay.

Diabetes Screening: Get your blood sugar tested—including the hemoglobin A1C test)—at least once a year, more frequently if you’ve had an abnormal test result.

Eye Health: Visit an ophthalmologist (eye doctor) for an eye exam every 2 years, or as your doctor recommends.

Immunizations: Maintain booster shots and the annual flu vaccine.

Osteoporosis Screening: Get a bone density test if risk factors are present.

Prostate Exam: Undergo a prostate exam annually that gives you PSA values, which are indicators of prostate cancer.

Skin Exam: Look for marks or changes on your skin monthly and have a doctor do an annual skin check.

Breast Exam: Perform a monthly self-exam, especially if there is a family history; maintain routine mammography based on your risk factors.

Exercise: Develop a personal exercise program and also keep track of your movement during the day with an accelerometer, and develop a personal target for yourself.

Preventive medications: Have the discussion with your doctor whether a daily aspirin (75 or 81 mg) and statin make sense as preventive therapy based on your family history and personal risk factors.

In Your 50s

Decade by Decade

The purpose of this section is to give you a decade-by-decade list of things to do, from the information that you should be collecting routinely about yourself to the preventative steps you can take that are attuned to your age.

Blood Pressure: At your doctor’s office, check this at least once a year, or more frequently if it’s previously been abnormally high or low. At home, aim to keep tabs on your blood pressure more regularly and record your numbers. Notice any patterns that occur, such as your BP rising every afternoon, or lowering after exercise.

Fasting Cholesterol and Inflammation Markers: Check these every 3–5 years, or more frequently if you’ve had an abnormal test result.

Colorectal Exam: Get a colorectal exam annually. This includes colonoscopy every 10 years; Fecal Occult Blood Testing every 3 years with sigmoidoscopy every 5 years; or Annual Fecal Occult Blood testing.

Dental Health: Visit a dentist annually for a checkup and professional cleaning. Go twice a year if your mouth is prone to problems like tooth decay.

Diabetes Screening: Get your blood sugar tested—including the hemoglobin A1C test)—at least once a year, more frequently if you’ve had an abnormal test result.

Eye Health: Visit an ophthalmologist (eye doctor) for an eye exam every 2 years, or as your doctor recommends.
Decade by Decade

The purpose of this section is to give you a decade-by-decade list of things to do, from the information that you should be collecting routinely about yourself to the preventative steps you can take that are attuned to your age.

In Your 60s

**Abdominal Ultrasound:** Have this test done if you’re a man between the ages of 65–75 who has smoked.

**Blood Pressure:** At your doctor’s office, check this at least once a year, or more frequently if it’s previously been abnormally high or low. At home, aim to keep tabs on your blood pressure more regularly and record your numbers. Notice any patterns that occur, such as your BP rising every afternoon, or lowering after exercise.

**Fasting Cholesterol and Inflammation Markers:** Check these every 5 years, or more frequently if you’ve had an abnormal test result.

**Colorectal Exam:** Get a colorectal exam annually. This includes, until age 75; Colonoscopy every 10 years; Fecal Occult Blood Testing every 3 years with sigmoidoscopy every 5 years; or Annual Fecal Occult Blood testing.

**Dental Health:** Visit a dentist annually for a checkup and professional cleaning. Go twice a year if your mouth is prone to problems like tooth decay.

**Diabetes Screening:** Check this every 3 years or as your doctor recommends.

**Eye Health:** Visit an ophthalmologist (eye doctor) for an eye exam every 2 years, or as your doctor recommends.

**Immunizations:** Maintain booster shots and the annual flu vaccine; get the shingles/herpes zoster vaccine once after age 60 and pneumococcal (Pneumovax®) vaccine at age 65.

**Hearing Test:** if you are over age 65, have your hearing checked.

**Osteoporosis Screening:** Get a bone density test if risk factors are present and at age 65 in all women.

**Prostate Exam:** Undergo a prostate exam annually.

**Breast Exam:** Perform a monthly self-exam, especially if there is a family history; maintain routine mammography based on your risk factors.

**Skin Exam:** Look for marks or changes on your skin monthly and have a doctor do an annual skin check.

**Exercise:** Develop a personal exercise program and also keep track of your movement during the day with an accelerometer, and develop a personal target for yourself.

**Preventive Medications:** Have the discussion with your doctor whether a daily aspirin (75 or 81 mg) and statin make sense as preventive therapy based on your family history and personal risk factors.
Decade by Decade

The purpose of this section is to give you a decade-by-decade list of things to do, from the information that you should be collecting routinely about yourself to the preventative steps you can take that are attuned to your age.

In Your 70s and Beyond…

**Abdominal Ultrasound:** Have this test done if you’re a man between the ages of 65–75 who has smoked.

**Blood Pressure:** At your doctor’s office, check this at least once a year, or more frequently if it’s previously been abnormally high or low. At home, aim to keep tabs on your blood pressure more regularly and record your numbers. Notice any patterns that occur, such as your BP rising every afternoon, or lowering after exercise.

**Fasting Cholesterol and Inflammation Markers:** Check these every year, or more frequently if you’ve had an abnormal test result.

**Colorectal Exam:** Get a colorectal exam annually.

**Dental Health:** Visit a dentist annually for a checkup and professional cleaning. Go twice a year if your mouth is prone to problems like tooth decay.

**Diabetes Screening:** Check this every 3 years or as your doctor recommends.

**Eye Health:** Visit an ophthalmologist (eye doctor) for an eye exam every 2 years, or as your doctor recommends.

**Immunizations:** Maintain booster shots and the annual flu vaccine; get the pneumococcal vaccine after age 65.

**Hearing Test:** If you are having hearing loss, get your hearing checked.

**Prostate Exam:** Undergo a prostate exam annually.

**Breast Exam:** Perform a monthly self-exam, especially if there is a family history; maintain routine mammography based on your risk factors.

**Skin Exam:** Look for marks or changes on your skin monthly and have a doctor do an annual skin check.

**Exercise:** Develop a personal exercise program and also keep track of your movement during the day with an accelerometer, and develop a personal target for yourself.

**Preventive medications:** Have the discussion with your doctor whether a daily aspirin (75 or 81 mg) and statin make sense as preventive therapy based on your family history and personal risk factors.
## Health Maintenance Checklist for Adults

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Age Indicated</th>
<th>Recommended Interval</th>
<th>Date of Procedure</th>
<th>Next Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza vaccine</td>
<td>Everyone</td>
<td>Yearly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus, diphtheria, pertussis (Td/Tdap)</td>
<td>Everyone</td>
<td>Every 10 years</td>
<td></td>
<td></td>
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<tr>
<td>Varicella (Chicken Pox)</td>
<td>Adults with no evidence of immunity</td>
<td>Two-dose series</td>
<td></td>
<td></td>
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<tr>
<td>Shingles (Zoster)</td>
<td>Adults 50 and over</td>
<td>Once</td>
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<td></td>
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<tr>
<td>Measles, Mumps, Rubella (MMR)</td>
<td>Adults with no evidence of immunity</td>
<td>Once</td>
<td></td>
<td></td>
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<tr>
<td>Pneumococcal</td>
<td>Adults 65 and older</td>
<td>Once, and one-time booster 5 years later</td>
<td></td>
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<tr>
<td>Hepatitis A</td>
<td>Adults with medical, occupational, lifestyle, or other indications (including chronic liver disease, illegal drug use, and healthcare workers)</td>
<td>Two-dose series</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Adults with medical, occupational, lifestyle, or other indications (including chronic liver disease, illegal drug use, sexually active adults who are not in a monogamous relationship, and health care workers)</td>
<td>Three-dose series</td>
<td></td>
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<tr>
<td>Meningococcal</td>
<td>Adults with certain medical or other indications (commonly given to college students living in dormitories or military recruits)</td>
<td>Once</td>
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<tr>
<td>Colonoscopy</td>
<td>Age 50 unless high risk</td>
<td>Every 10 years, or as indicated by your physician</td>
<td></td>
<td></td>
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<tr>
<td>Mammogram</td>
<td>Age 40</td>
<td>Yearly, or as indicated by your physician</td>
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<tr>
<td>Cervical Cancer Screening</td>
<td>Age 21</td>
<td>Yearly, or as indicated by your physician</td>
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<td></td>
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<tr>
<td>PSA blood test/Prostate Exam</td>
<td>Age 45 unless high risk</td>
<td>Per MSKCC guidelines</td>
<td></td>
<td></td>
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<tr>
<td>Travel vaccines</td>
<td>As needed depending on travel</td>
<td>See CDC website</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Human papilloma virus</td>
<td>All preteen boys and girls at age 11 or 12, females until age 26</td>
<td>Once</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bone density study</td>
<td>Age 65 for men and women</td>
<td>Discuss with your physician</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Resources

FITNESS TRACKERS

**Nike Fuel Band** I like the Nike Fuel Band because it gives you a quantitative read-out on your wrist. Nike uses an algorithm called Fuel where it gives you “fuel units” for various movements. It is very well built and makes a great statement to people: “I care about health!” [nike.com/us/en_us/c/nikeplus-fuelband](nike.com/us/en_us/c/nikeplus-fuelband)

**Fitbit** The Fitbit is more comfortable on the wrist than the Nike Fuel band, but doesn’t give real time feedback on your wrist; you need to go to an app to check where you are in the day. The app is a good one, though. [fitbit.com](fitbit.com)

MOBILE HEALTH APPS AND TOOLS

**Fitocracy** Fitness tracking app. [fitocracy.com](fitocracy.com)

**Eat local** Great information about local farmers markets. Tells you what is fresh and in-season. [simplesteps.org/eat-local](simplesteps.org/eat-local)

**Shopwell** Create healthy grocery lists and scan food products to make healthy decisions on the go! [shopwell.com/mobileapp](shopwell.com/mobileapp)

**23andMe** Gives you important and actionable genetic information about yourself. [23andme.com](23andme.com)

**Philips Vital Signs Camera App** Amazing app that can measure your heart rate and breathing through the iPhone or iPad camera. The camera detects subtle changes in the skin color of your face to measure your heart rate and movements of your chest to measure your breathing rate. It really works, and is accurate! You have to try it. [vitalsignscamera.com](vitalsignscamera.com)

**Withings** A set of bluetooth-connected devices including a scale, heart rate monitor, and blood pressure cuff. Nice to have all of your data in one place, so you can identify trends. [withings.com](withings.com)

DISEASE RISK CALCULATORS*

(*Please note! While these calculators are excellent tools to gauge your risk levels, the recommendations made to prevent these illnesses are not always reflective of my beliefs. In some instances, the preventive strategies listed are in direct conflict with the ideas and prescriptions described in the course and book—not to mention the latest studies in peer-reviewed scientific research.)

Visit: [yourdiseaserisk.wustl.edu](yourdiseaserisk.wustl.edu)

IMPORTANT LINKS

The Office of Public Health Genomics (OPHG) provides timely and credible information for the effective and responsible translation of genomics research into population health benefits: [cdc.gov/genomics/](cdc.gov/genomics/)

Glycemic index and glycemic load values of many common foods (American Journal of Clinical Nutrition): [ajcn.nutrition.org/content/76/1/5/T1.expansion.html](ajcn.nutrition.org/content/76/1/5/T1.expansion.html)

List of best and worst fish from a sustainability perspective published by Seafood Watch: [seafoodwatch.org](seafoodwatch.org)

Mercury Levels in Commercial Fish and Shellfish (US FDA website): [fda.gov/food/foodborneillnesscontaminants/m metals/ucm115644.htm](fda.gov/food/foodborneillnesscontaminants/metals/ucm115644.htm)