



I N Y O U R
THIRTIES

Now is the time to find out
what makes you feel happy,
healthy and strong.

Check out the **healthy guidelines**
on the back of this card.
Then work with your doctor
or nurse to personalize
the timing of each test to meet
your specific health care needs.

Spirit of 
Saint Agnes

In Your Thirties

General health

- **Full checkup** – Including weight and height.
- **Sleep habits** – Discuss at your annual exam.
- **Thyroid (TSH) test** – Discuss with your doctor or nurse.
- **HIV screening** – Get this test if you are at risk for HIV infection (have had unprotected sex, sexually transmitted disease, or used drugs with needles).

Heart health

- **Blood pressure test** – At least every two years.
- **Cholesterol panel** – Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes

- **Blood glucose or A1c test** – Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** – Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.
- **Clinical breast exam** – At least every three years.

Reproductive health

- **Pap test** – At least every three years.
- **Pelvic exam** – Yearly.
- **Sexually transmitted infection (STI) tests** – Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly if you have new or multiple partners.

Mental health screening

- Discuss with your doctor or nurse.

Eye and ear health

- **Comprehensive eye exam** – Discuss with your doctor.
- **Hearing test** – Every 10 years.

Skin health

- **Skin exam** – Monthly self-exam of skin and moles, and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam** – Every 12-24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** – Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** – Every 10 years.
- **Human papillomavirus (HPV) vaccine** – If your vaccine series is incomplete, discuss with your doctor or nurse.
- **Meningococcal vaccine** – Discuss with your doctor or nurse if you are a college student or military recruit.

Visit samc.com to find a doctor, or for a full listing of Saint Agnes Medical Center's programs and services.

