

SOUTHGATE MEDICAL GROUP

YOUR ANNUAL PHYSICAL....WHAT TO DISCUSS

- Blood Pressure
- Body Mass Index (BMI)
- Tobacco Use
- Health Care Proxy
- Colonoscopy (Age and frequency depends on history)
- Bone Density Testing (Dexa Scan)
- Mammogram (beginning Age 40)
- Pap Smear/pelvic exam
- Vaccinations:
 - Influenza (Flu) Vaccine
 - Tdap (every 10 years)
 - Pneumonia Vaccine
 - Shingles Vaccine (50 years old and up)
 - Human Papillomavirus Vaccine (HPV) (men and women to age 26)
 - Hepatitis B vaccine for Diabetics
- Blood tests:
 - Cholesterol profile
 - Thyroid
 - Vitamin D
 - Vitamin B12
 - Prostate
 - Hepatitis C (for “baby boomers” born 1945-1965)
 - HIV (ages 13-64)