

Ladies and gentlemen:

After ascertaining that some of my friends and family have acquired some unpleasant medical conditions, I make the following suggestions:

If you have not discussed the following tests/procedures with your physician, please do so before you regret not having done so. Here are some friendly suggestions for your consideration.

Women and men: Colonoscopy, blood lipids, EKG, blood glucose, hemocult ,C-reactive protein, ESR, Hepatitis A and Hepatitis B vaccines, seasonal flu and H1N1 vaccines; shingles vaccine, pneumovax and prevnar vaccines (pneumonia), updated Tetanus , Pertussis and other vaccines (see attached CDC recommendations for adult vaccines), dermatologic/skin exam.

Audiogram (hearing test): Keep in mind that 15% of the population has a hearing loss; 75% of adults with hearing loss are under 65 years of age; and 95% of people with hearing loss can benefit from a hearing aid. Reports have linked dementia to hearing loss and that hearing aids reduce cognitive decline in older adults.

If you are in the Cincinnati area, hearing testing is done for free at The Hearing Services at The Cincinnati Eye Institute (513-618-7142). (Note: I have no relationship to this group, but did have my testing there.)

Women: pap, pelvic, breast exams, mammograms, CA-125

Men: PSA, DRE (think military physical)

Smokers: PFT (pulmonary function test)

Other friendly suggestions to consider: You may have seen various advertisements for vascular testing, EKG, lipid and osteoporosis testing for \$100-200. I have had this done and felt these were worthwhile as SCREENING tests and the price was less than typical copays for just a few of these tests.

For these services locally, and in many other locations in and out of the USA consider (I have no relationship to these groups, but have had testing with them.):

www.lifelinescreening.com OR

in the Cincinnati area:

The Christ Hospital also has a VASCULAR SCREENING package of tests and the package is \$29--- less than the co-pay for some of these tests if you put it through your insurance.

Call 513-585-2668 for an appointment OR visit the address below.

www.thechristhospital.com/services/heart/heart-screening

Alzheimer's Screening Tool: Visit this site, but be sure to read the warnings and consult with your physician.

<http://wexnermedical.osu.edu/patient-care/healthcare-services/brain-spine-neuro/memory-disorders/sage>

NOTE: I have absolutely NO relationship to these companies/hospitals, but believe their services are worthwhile, and fairly priced.

Just remember, these are SCREENING only, and thus will have a higher rate of false positive tests which might require repeat, more advanced testing. The true value of these bundled group of tests ,in my opinion ,is that people who wouldn't normally get tested ,do get tested ,and some will find disease that they didn't know was present, find it at an earlier stage, and thus have earlier intervention.

A false positive test result basically means that a screening test is positive, but after further evaluation, you are found to be clear of the disease for which the test applies. A false negative is not desirable, as that means the screening test is negative, but you really do have the disease and it goes untreated. NO test is perfect.