

# Care for Your Overall Health

## Preventive Screenings

In addition to managing your chronic kidney disease (CKD), you also need to keep up with other medical screenings. Talk with your doctor every January about ?preventive maintenance? screenings you?ll need for the coming year and mark them on a calendar.

The tests you need depend on your age, your health, and whether you are male or female, so work with your nephrologist to ensure that your tests are done as necessary. Below are some examples of tests recommended by the US Department of Health & Human Services for the average person:

### General Tests

- Cholesterol test
- Blood pressure test
- Diabetes screening
- Fecal blood test
- Mental health screening (depression)

### Men

- Prostate exam
- Testicular exam

### Women

- Pap smear
- Thyroid test
- Bone density test
- Mammogram

You should also keep your immunizations current. Most of these were done when you were a child, but several need to be updated periodically, such as

- Flu vaccine
- Tetanus, diphtheria, pertussi (Tdp)

Be sure to take advantage of free health screenings at malls, public events, and pharmacies.

medical advice or treatment, and consultation with your doctor or healthcare professional is strongly recommended. The DPC Education Center is a section 501(c)(3) non-profit charity (37-1698796). Contributions are tax deductible to the fullest extent permitted by the law.

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