



## Annual Physical and Mental Health Exam

It is recommended that you visit your PCP at least once a year to be screened for the most common health conditions. Through that medical visit you will be able to know your health status and, if necessary, act before complications arise.

### What can happen during an annual visit?

The doctor will ask about your health status, family history, habits such as alcohol and/or tobacco use, use of medications, supplements, and diet. In addition, the doctor will perform a physical exam to check your temperature, blood pressure, and pulse.

Your lungs will be examined, your skin will be evaluated, and your weight and height will be measured to determine your body mass index. Based on your age, gender, and family history, monitoring tests such as red and white blood cell counts, lipid, and cholesterol panel, and even tests for sexually transmitted infections will be recommended.

To rule out abnormalities, heart tests and early cancer detection checkup may be recommended. It is likely that during the process you will have to visit a specialist. If so, bring a list of the medications you take and ask any questions you have about your diagnosis or treatment.

See your dentist every six months for a routine cleaning and exam.

### Screening tests recommended for women:



- **Papanicolaou-** is a test performed by a gynecologist to detect cervical cancer. It is recommended to perform the test from the age of 21 or as soon as you start your sexual life. From the age of 30 it should include the human papillomavirus (HPV) test.

- **Pelvic exam-** consists of feeling the female organs to detect if the internal structure is normal and have an adequate size.

- **Mammogram-** X-ray of the breasts that can detect cancer or other breast growths. It is recommended from the age of 40. If you have risk factors, your doctor may recommend that you do it sooner.

- **Bone density test-** used to measure how strong the bones are. It is indicated for women over 65 years of age. If you have risk factors such as being white, having previous fractures, or having another condition that can lead to osteoporosis, you should probably get tested sooner.

### Screening tests recommended for men:

- **Digital Rectal Prostate Exam-** recommended for men aged 50 and older. The doctor will feel the prostate for any unusual size or mass. If you have a family history of prostate cancer as a risk factor, your doctor may encourage you to get tested earlier.



- **Prostate Specific Antigen Test (PSA)-** is a blood test that measures the levels of a protein produced by the prostate. The combination of this test with the digital rectal exam can contribute to the early detection of prostate cancer.

- **Testicular Examination-** is a way to detect a mass, swelling, atrophy and any other testicular problems. Testicular cancer is rare, but it is the most common type of cancer in men under 35 years of age.

### Colorectal Cancer Test

Colorectal cancer screening is recommended for everyone age 45 and older. It allows precancerous polyps (abnormal tissues) to be found and removed before they turn into cancer.



### Vaccination

The following vaccines are recommended as a preventive method:

<b>COVID-19</b>	With your booster doses as indicated
<b>Influenza</b>	Every year
<b>Tetanus-Diphtheria</b>	Every 10 year
<b>PVH (Human Papillomavirus)</b>	From 11 years old, up to 45 years old

\*Ask about other recommended vaccines according to your age and level of risk.

### Mental Health Examination

During the evaluation, your doctor may ask you questions related to your mood, the quality of your interpersonal relationships, alcohol, and drug use, among others. You may be given the PHQ-9 test, to look for symptoms of depression or anxiety. This will help determine if you need support from a mental health specialist.

Contact your doctor immediately if you experience any of these symptoms:

- Constantly irritable or sad mood.
- Difficulty sleeping or excessive sleeping.
- Changes in appetite.
- Feelings of worthlessness, guilt, or self-hatred.
- Difficult to focus.
- Feelings of hopelessness or abandonment.
- Repetitive thoughts of death or suicide.
- Loss of interest in activities that you previously found pleasurable or fun.

Additional Recommendations	
Talk to your doctor about any other tests you need.	Protect your skin from the sun, avoid overexposure and use protection.
Eat healthy	Avoid alcohol and cigarettes
Be physical active	Manage your stress

### Social and Emotional Aspect

For tips, tools, and resources on how you and your family can deal with the emotional and physical concerns that come up during oral care, visit your physician, dentist, or mental health specialist. Also, you can contact the following phones lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Healthcare

787-641-9133

### References:

CDC. Screening tests. (2022) Retrieved from: <https://www.cdc.gov/spanish/cancer/dpcp/prevention/screening.htm>

Medline Plus. (2022). Tests and exams for prostate cancer. Retrieved from: <https://medlineplus.gov/spanish/prostatecancerscreening.html>

Medline Plus. (2021). Depression. Retrieved from: <https://medlineplus.gov/spanish/ency/article/003213.htm>

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