

## DID YOU KNOW...

**13 of every 100** women in Puerto Rico have **diabetes**.

**653 women** are diagnosed annually with **colorectal cancer**.

**1 out of 113 women** will be diagnosed with **cervical cancer** at some point in their lives

**1 out of 13 women** will be diagnosed with **breast cancer** at some point in their lives

**Detection tests for women are your health's best ally.** It's important to be up-to-date with these tests, to be able to determine if treatment is needed.

Talk to your doctor to know the frequency of early detection tests, according to your age and risk factors.



**FOR MORE INFORMATION,** talk with your doctor or call us at the **Beneficiary Services** center at:

**1-844-336-3331**  
(TOLL FREE)

**787-999-4411**  
TTY (HEARING IMPAIRED)

**MONDAY TO FRIDAY FROM 7:00 A.M. TO 7:00 P.M.**

You can also call us 24 hours, 7 days a week to the medical consulting line

**HACIENDO CONTACTO:**  
**1-844-337-3332**  
(TOLL FREE)

**PLANVITALPR.COM**

TTY: **711**  
(only deaf and hearing impaired's service)



**Woman: Always take care of your health**



## WHAT TESTS SHOULD YOU GET DONE?

### Cervical Cancer

It is recommended that this test regularly or as directed by your doctor, after 21 years.

**Pap Smear** - detects changes in cervix cells that are precursors to cancer.

**Human Papillomavirus (HPV)** - detects the presence of virus that increases your risk of developing cervical cancer.

### Colorectal Cancer

**Stool sample** - searched for hidden (occult) blood in a fecal matter sample. It is recommended to perform this screening every three years.

**Colonoscopy** - An exam that views the inside of the colon (large intestine) and the rectum, with an instrument called a colonoscope. It is recommended every 10 years. People with certain risk factors for colon cancer may need earlier screening tests (before 50 years) or more frequent as recommended by the doctor.

### Breast Cancer

**Mammogram** - Begin when you are 40 years old and repeat it in the frequency recommended by your doctor. From the age of 50 and up, you should get a mammogram annually.

### Lung Cancer

If you are between the ages of 55 and 80 and have ever smoked 30 packs or more, you should be tested for lung cancer.

### Cholesterol and triglycerides

Get a regular lipid test through a blood test.

### Being overweight and obesity

Know your weight and your Body Mass Index to know if you are overweight or obese.



### Emotional Health

Let your doctor know if in the past 30 days you've had prolonged feelings of sadness, depressive episodes or suicidal thoughts.

### Diabetes

Get tested for diabetes through a blood test from the moment you turn 40 years old.

### Sexually Transmitted Infections (STI's)

If you have been sexually active, consult with your doctor to see what tests you should get for detecting sexually transmitted infections.

### Osteoporosis (weakening of bones)

If you have a high risk of suffering fractures or you are 65 years or older, get tested to examine the density and strength of your bones.

### Hypertension

To avoid cardiovascular diseases, have your blood pressure checked in every routine medical visit.

### Hepatitis C Virus

You should get tested only once if you:

- You were born between 1945 and 1965
- Have ever injected yourself with drugs
- Received a blood transfusion before 1992

## MEDICATION AND VITAMINS

### Folic Acid

If you are at an age where you can become pregnant, you should take a daily supplement that contains 0.4 to 0.8 mg of folic acid.

### Aspirin

If you are 55 years or older, ask your doctor if you should take aspirin to prevent a stroke.

### Vitamin D

Ask your doctor about the use of a vitamin supplement to strengthen your bone and muscles, which can help you prevent falls.

### Vaccines

- Influenza (the flu) annually
- Tetanus, la Diphtheria and Pertussis with their boosters every 10 years

### From 60 years and up you should be vaccinated against:

- Herpes zoster (shingles)
- Pneumonia

## HEALTHY LIFESTYLE

**Don't smoke** Inhaling cigarette smoke causes health problems. Quitting smoking offers short and long-term benefits. If you need help, already exist *Déjalo Ya!* program from the Puerto Rico Health Department. Is a telephonic free line that offers professional counseling, in a confidential manner, to those people that have taken the decision to quit to smoke. The phone number is 1-877-335-2567.

**Keep physically active** Be physical activity at least 2 ½ half hours a week (30 minutes a day, 5 times a week).

**Have a balanced diet** Eat a variety of fruits and vegetables daily, and limit salt and fat in foods. Also watch for high caloric, high sugar and alcoholic beverages.