YOUR HEALTHIEST SELF

Disease Prevention Checklist

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:

GET SCREENED FOR DISEASES

Some screenings can reduce your risk of dying from a disease. But sometimes, experts say, a test may cause more harm than good. Before you get a test, talk with your doctor about the possible benefits and harms to help you decide what’s best for your health.

TO LEARN ABOUT SCREENING TESTS, ASK YOUR DOCTOR:

- What’s my chance of dying of the condition if I do or don’t have the screening?
- What are the harms of the test? How often do they occur?
- How likely are false positive or false negative results?
- What are possible harms of the diagnostic tests if I get a positive screening result?
- What’s the chance of finding a disease that wouldn’t have caused a problem?
- How effective are the treatment options?
- Am I healthy enough to take the therapy if you discover a disease?
- What are other ways to decrease my risk of dying of this condition? How effective are they?

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