OVATION Direct

Targeting the Care You Need

Be proactive with your health!

Early detection and prevention saves lives.

OVATION DIRECT
22001 Northpark Drive, Suite 200, Kingwood, TX 77339
866-549-4199 | www.ovation-direct.com

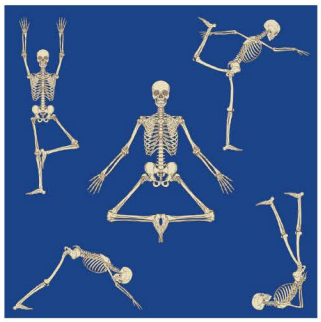
Proactive health screenings today can save your life tomorrow.

Most diseases and medical issues can be detected or prevented with tests and screens. That is why it is essential to shift one's focus from REACTIVE health care to PROACTIVE preventive care. It is about preventing health problems from occurring rather than treating them after they do occur. The earlier a disease is detected, the easier it is to manage and treat.

The benefits of preventive care can include lower healthcare costs, better quality of life, and a longer life span.

This guide provides an overview of the most important tests and screens so you can be proactive with your health care, The types of tests recommended will depend on your age, gender, and physical condition. It is recommended that you consult your Primary Care physician to discuss.

Skeletal Health



Osteoporosis is characterized by low bone mass, structural deterioration, and porous bone, which are associated with higher fracture risk. Osteoporosis and the broken bones it can cause are not part of normal aging.

There are ways to protect bones. Whatever your age, the habits you adopt now can affect your bone health in the future.

What can you do to protect your bones?

→ Get enough calcium and vitamin D and eat a well-balanced diet.
→ Engage in regular exercise.
→ Eat foods that are good for bone health, such as fruits and vegetables.
→ Avoid smoking and minimize or eliminate alcohol intake.

► BONE DENSITY TEST

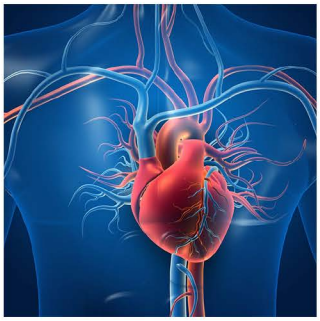
A bone density test is a measurement of how much mineral, such as calcium, you have in your bones. The most common and most versatile test is with dual-energy X-ray absorptiometry (DXA). This is used to diagnose osteoporosis BEFORE you break a bone, help to estimate your chances of breaking a bone in the future, and monitor the effectiveness of osteoporosis treatments.

Who should have a bone density test?

→ Women aged 65 years and older.
→ Men aged 70 years and older.
→ Anyone who has broken a bone after age 50 years.
→ Women aged 50-64 years with risk factors.*
→ Men aged 50-69 years with risk factors.*

** Examples of risk factors for osteoporosis and fractures include family history of osteoporosis and/or fracture, frequent falling, vitamin D deficiency, smoking, excessive alcohol intake, malabsorption, and some medications, such as prednisone.*

Cardiovascular Health



An important aspect of lowering risk of cardiovascular disease, also called coronary artery disease (CAD), is managing health behaviors and risk factors, such as diet quality, physical activity, smoking, body mass index (BMI), blood pressure, total cholesterol, or blood glucose.

Several measurements such as body weight and blood pressure are taken during routine medical appointments and some cardiovascular screening tests begin at the age of 20 years old. The frequency of follow up will depend on your level of risk.

Additional and more frequent testing may be required if you have been diagnosed with a cardiovascular condition such as heart failure or atrial fibrillation, or if you have a history of heart attack, stroke, or other cardiovascular events.

Even if you haven't been diagnosed with a condition, your health care professional may want more stringent screening if you already have risk factors or a family history of cardiovascular disease.

► BLOOD PRESSURE TEST

Blood pressure is one of the most important screenings because high blood pressure is a difficult symptom to detect because it is often hidden inside emotional stressors. High blood pressure greatly increases your risk of heart disease and stroke. However, it can be controlled through lifestyle changes and/or medication.

How often should you have your blood pressure checked?

→ At least once every two years, starting at age 20.
→ At least once per year if blood pressure is less than 120/80 mm Hg.
→ If higher than 120/80mm Hg, your doctor may want to check it more often.

► LIPID PANEL TEST

This is a blood test that measures Total Cholesterol, HDL *(healthy)* Cholesterol, LDL *(not healthy)* Cholesterol, Triglycerides, and TC/HDL Ratio. Like high blood pressure, cholesterol can often be controlled through lifestyle changes and/or medication.

How often should you have a Lipid Panel Test?

→ Starting at age 20, every four to six years.

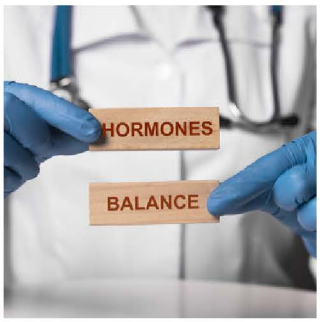
► BLOOD GLUCOSE TEST

High blood glucose or "blood sugar" levels put you at greater risk of developing insulin resistance, prediabetes, and type 2 diabetes. Untreated diabetes can lead to many serious medical problems including heart disease and stroke. If you are overweight AND you have at least one additional cardiovascular risk factor, your doctor may recommend a blood glucose test. Your doctor may also measure glycated hemoglobin A1c levels (A1c %) in your blood to screen for type 2 diabetes. The A1c test calculates your average blood sugar for the past 2-3 months. It allows you to see if you are controlling your blood sugar levels. This is possible because sugar attaches to the hemoglobin in your blood, where it is attached there for the life of the red blood cell, which is around 3-4 months. An A1c level of 6.5% or higher is used to define diabetes.

How often should you have a Blood Glucose Test?

→ The American Diabetes Association recommends testing for prediabetes and risk for future diabetes for all people beginning at age 45 years. If tests are not normal, it is reasonable to repeat testing at a minimum of 3-year intervals.

Hormonal Health



Hormones are responsible for essentially every function in our bodies. Hormones are chemicals secreted by our glands that send messages through the bloodstream and tell our organs what to do to keep us alive and healthy. When hormones are balanced and working in sync, you won't notice them, but when they are imbalanced you may start having a cascade of health issues.

► THYROID SCREENING (TSH)

Thyroid tests check how well your thyroid is working and find the cause of problems such as hyperthyroidism or hypothyroidism.

The thyroid is a small, butterfly-shaped gland in the front of your neck that makes two thyroid hormones: thyroxine (T4) and triiodothyronine (T3). Thyroid hormones control how the body uses energy, so they affect nearly every organ in your body, even your heart.

Thyroid tests help health care professionals diagnose thyroid diseases such as:

- Hyperthyroidism – when thyroid hormone levels are too high.
- Hypothyroidism – when thyroid hormone levels are too low.
- Hashimoto's disease, one of the most common causes of hypothyroidism.
- Graves' disease, the most common cause of hyperthyroidism.
- Thyroid nodules and thyroid cancer.

How often should you have a Thyroid Screening?

→ The American Thyroid Association recommends measuring thyroid function in all adults beginning at age 35 years and every five years thereafter, noting that more frequent screening may be appropriate in high-risk or symptomatic individuals.
→ It is important to test your TSH value every 6-12 months if you are taking thyroid medication.

Blood Health

Blood is a combination of plasma and cells that circulate through the body. It supplies essential substances, such as sugars, oxygen, and hormones, to cells and organs, and removes waste from cells. Blood tests help doctors check for certain diseases and conditions. They also help check the function of your organs and show how well treatments are working.

► COMPLETE BLOOD COUNT (CBC)

A complete blood count (CBC) is a blood test. A complete blood count can show unusual increases or decreases in cell counts. Those changes might point to a medical condition that calls for more testing. It's used to look at overall health and find a wide range of conditions, including anemia, infection, and leukemia.

A complete blood count is a common blood test done for many reasons:

- To look at overall health. A complete blood count can be part of a medical exam to check general health and to look for conditions, such as anemia or leukemia.
- To diagnose a medical condition. A complete blood count can help find the cause of symptoms such as weakness, fatigue, and fever. It also can help find the cause of swelling and pain, bruising, or bleeding.
- To check on a medical condition. A complete blood count can help keep an eye on conditions that affect blood cell counts.
- To check on medical treatment. A complete blood count may be used to keep an eye on treatment with medicines that affect blood cell counts and radiation.

A complete blood count test measures the following:

- Red blood cells, which carry oxygen.
- White blood cells, which fight infection.
- Hemoglobin, the oxygen-carrying protein in red blood cells.
- Hematocrit - the amount of red blood cells in the blood.
- Platelets, which help blood to clot.

How often should you have a Complete Blood Count Test?

→ Everybody, regardless of risk factors, should receive a complete blood count annually.

► HEPATITIS C (HCV)

HCV is an infection caused by a virus that attacks the liver and leads to inflammation. The virus is spread by contact with contaminated blood. Through a routine blood test, they check for the hepatitis C virus antibody to assess for past or current hepatitis C infection.

Hepatitis C screening involves testing a blood sample to see whether it contains antibodies *(disease-fighting proteins)* that react specifically to the hepatitis C virus. This test is followed by a second test that determines the level of virus in the blood.

Who should have a Hepatitis C Screening?

→ All adults aged 18 years and older.
→ All pregnant women during each pregnancy.
→ People with HIV.
→ People who have injected drugs with shared needles, syringes, or other drug preparation equipment.
→ Prior recipients of transfusions or organ transplants
→ Anyone after a needle stick, sharp, or mucosal exposure to HCV-positive blood.
→ Children born to mothers with HCV infection.
→ Emergency responders, medical personnel and lab researchers who work with blood.

Metabolic Health

Your food choices, metabolism, microbiome, exercise, sleep, stress, and mental health; as well as your age, sex, and genes, all shape your unique metabolic health. Your metabolic health plays an important role in assessing your risk of metabolic diseases, like heart disease, type 2 diabetes, stroke, kidney disease, and liver disease.

► COMPREHENSIVE METABOLIC PANEL (CMP)

A comprehensive metabolic panel (CMP) is a test that measures 14 different substances in your blood. It provides important information about your body's chemical balance and metabolism. Metabolism is the process of how the body uses food and energy

A CMP is used to check several body functions and processes, including:

- Liver and kidney health
- Blood sugar levels
- Blood protein levels
- Acid and base balance
- Fluid and electrolyte balance
- Metabolism
- A CMP may also be used to monitor the side effects of certain medicines.

A CMP includes tests for the following:

- Glucose, a type of sugar and your body's main source of energy.
- Calcium, one of the body's most important minerals. Calcium is essential for proper functioning of your nerves, muscles, and heart.
- Sodium, potassium, carbon dioxide, and chloride. These are electrolytes, electrically charged minerals that help control the amount of fluids and the balance of acids and bases in your body.
- Albumin, a protein made in the liver.
- Total protein, which measures the total amount of protein in the blood.
- ALP (alkaline phosphatase), ALT (alanine transaminase), and AST (aspartate aminotransferase). These are different enzymes made by the liver.
- Bilirubin, a waste product made by the liver.
- BUN (blood urea nitrogen) and creatinine, waste products removed from your blood by your kidneys.
- Abnormal levels of any of these substances can be a sign of a health problem.

When should you have a Comprehensive Metabolic Panel?

→ Every year at your annual well visit.

Colon Health

The colon also known as the large intestine is an organ responsible for absorbing essential nutrients, waste removal and maintaining the body’s water balance.

A number of conditions, such as constipation, colon cancer, polyps, irritable bowel syndrome, hemorrhoids, colitis, Crohn’s disease, and diverticular disease, can affect the colon.

► COLONOSCOPY

Colorectal cancer is the second most common cause of cancer death in the United States when men and women are combined. However, regular screening can find colorectal cancer when it is small, hasn't spread, and might be easier to treat. Some types of screening can also help find and remove pre-cancerous growths called polyps before they have a chance to turn into cancer.

It is now generally an acceptable standard of care to only collect a stool sample, as a colonoscopy screening procedure has inherent risks and should only be performed with high-risk patients and those with a history of colon disease.

When should you have a Colonoscopy?

→ The American Cancer Society (ACS) has guidelines for colorectal cancer screening and recommends people at average risk for colorectal cancer begin screening at age 45.

Mens Prostate Health

Your prostate plays a key role in reproduction. The prostate is a walnut-sized gland in males located just below the bladder and in front of the rectum and wraps around the upper part of the urethra. It is responsible for producing seminal fluid that nourishes and transports sperm. It is vulnerable to three main conditions: prostatitis, benign prostatic hyperplasia (BPH), and prostate cancer.

► PROSTATE SCREENING (PSA) - For Men Only

Prostate Screening measures the Prostate Specific Antigen (PSA) and is one of the best screening tests for the early detection of prostate cancer and other prostate problems. Prostate cancer can often be found early by testing for prostate-specific antigen (PSA) levels in a man's blood. Another way to find prostate cancer is the digital rectal exam (DRE). For a DRE, the doctor puts a gloved, lubricated finger into the rectum to feel the prostate gland. If the results of either of these tests is abnormal, further testing *(such as a prostate biopsy)* is often done to see if a man has cancer.

When should you have a Prostate Screening test?

→ Age 50 for men who are at average risk of prostate cancer.
→ Age 45 for men at high risk of developing prostate cancer. This includes men who have a first-degree relative *(father or brother)* diagnosed with prostate cancer at an early age *(younger than age 65)*.
→ Age 40 for men at even higher risk *(those with more than one first-degree relative who had prostate cancer at an early age).*

Womens Breast and Reproductive Health

A woman's reproductive system is a delicate and complex system in the body. It is important to take proactive health care steps to protect it from infections and injury, and to prevent health problems and disease. Good sexual and reproductive health is important for overall general health and wellbeing. It is also central to their ability to make choices and decisions about their lives, including when, or whether, to have children.

► MAMMOGRAM - for Women Only

A mammogram is an X-ray of the breast. A breast MRI uses magnets and radio waves to take pictures of the breast. For many women, mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of complications from breast cancer. Currently, a mammogram is the best imaging tool to detect breast cancer for most women of screening age.

When should you have a Mammogram?

→ The American Cancer Society recommends screening mammography every year for women ages 50-54.
→ And for women ages 55 and older, every 1-2 years.

► PAP SMEAR TEST - for Women Only

A Pap smear, also called a Pap test, is a procedure to test for cervical cancer in women. It involves collecting cells from your cervix — the lower, narrow end of your uterus that's at the top of your vagina.

Detecting cervical cancer early with a Pap smear gives you a greater chance at a cure. A Pap smear can also detect changes in your cervical cells that suggest cancer may develop in the future. Detecting these abnormal cells early with a Pap smear is your first step in halting the possible development of cervical cancer.

If you have certain risk factors, your doctor may recommend more frequent Pap smears, regardless of your age. These risk factors include:

- A diagnosis of cervical cancer or a Pap smear that showed precancerous cells.
- Exposure to diethylstilbestrol (DES) before birth.
- HIV infection.
- Weakened immune system due to organ transplant, chemotherapy, or chronic corticosteroid use.
- A history of smoking.

When should you have a Pap Smear?

→ In general, doctors recommend beginning Pap testing for women at 21 years old.
→ Doctors generally recommend repeating Pap testing every three years for women ages 21 to 65.
→ Doctors generally agree that women can consider stopping routine Pap testing at age 65 if their previous tests for cervical cancer have been negative.