

Mental Health

Five common warning signs of mental health concerns/need for screening (especially if you have two or more):

- Long-lasting sadness or irritability
- Extremely high and low moods
- Excessive fear, worry, or anxiety
- Social withdrawal
- Dramatic changes in eating or sleeping habits

Mental Health Resources

Burke Center (Mental Health Authority)
2001 S. Medford Dr.
Lufkin, TX 75901
Crisis phone: (800) 392-8343
<http://www.burke-center.org>

Mental Health America
<https://mhanational.org/>
<https://screening.mhanational.org/screening-tools/z>
Suicide and Crisis Lifeline - Dial 988

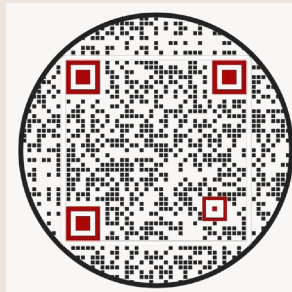
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Health Screenings and Disease Prevention



CENTER FOR RESILIENCY
LAMAR UNIVERSITY

Risk Factors

Common Risk Factors/Indicators:

- Family History
- Physical Inactivity
- Smoking
- Binge Drinking
- Obesity
- High Blood Pressure
- Depressive Symptoms

General Screenings

- Physical Exam - Yearly
- Dental Exam - 1-2 times per year
- Eye Exam - Initial exam with follow up at least every 2-4 years
- Hearing Test - By age 40 and then follow doctor recommendations
- Colorectal - Colonoscopy every 10 years starting at age 50
- Blood Pressure - Every 3-5 years between ages 18-40; Every 1-2 years after age 40
- Cholesterol - If at risk, between ages 20-35; Every 3-5 years or yearly after age 35 or if at high risk

Screenings for Women

- Self-Breast Exam - Monthly starting at age 20
- Clinical Breast Exam - Yearly by doctor or nurse starting at age 30 if high risk
- Mammogram - By age 40 or earlier based on family history; Yearly for age 45-54; Every 2 years for 55+
- Pap Smear - Every 1-3 years at age 18-21 or when sexually active; Yearly at age 45
- Pelvic exam - Yearly starting at age 18 or when sexually active
- Bone Density - At least once by age 65 or as recommended by doctor

Screenings for Men

Prostate Exam - Annual digital rectal exam and/or blood test by age 50; Exams at age 45 for men considered to be high risk including: African-American men & men with relative with prostate cancer before age 65

Lung Disease

Annual testing from ages 55-80 if you:

- smoked a pack a day for 30 years
- currently smoke, or
- have quit within the past 15 years
- have any other risk factors

Smoking Cessation

Many smokers report wanting to quit, without knowing how to successfully do so. Besides quitting “cold turkey,” other options include: counseling, behavior modification, medication, or nicotine replacement therapy.

Risk Factors

Blood sugar test starting at age 45 and then at least every three years after Screening at age 35 if you are overweight (BMI greater than 23)
If your blood pressure is higher than 135/80 or if you take medication for high blood pressure