



Health Screening

By: Gary E. Foresman, MD

As an “integrative doctor” many people are surprised at how many screening tests I recommend. On everyone’s first visit they get the following handout. As they are so often overwhelmed with the amount of specific recommendations they have to follow, I find that they barely remember this page of suggestions. I find screening to be of most benefit to those who have the healthiest lifestyles as they have the greatest chance of prolonging their lives (considering their greater life expectancy). However it tends to be those who exercise and eat right that think they don’t need to bother with such trivial things as health screening. Please, whether you follow our lifestyle recommendations ([Foundations of Health](#)) or not, consider all of the following tests as imperatives if you are looking for “perfect health”.

General Health Testing Recommendations

WOMEN

Cervical Cancer Screening/Pap Smear every one to five years (not required after hysterectomy for benign conditions). Screening intervals vary significantly based upon number of sexual partners - cervical cancer is considered to be a sexually transmitted disease (strongly consider HPV vaccine). A screening pelvic exam does not help prevent ovarian cancer, and I, at this time, do not recommend the screening blood tests or ultrasounds.

Breast Cancer Screening

- Breast Self-examination - monthly after the age of thirty - done monthly after your period or at the beginning of the month if you no longer have a period.
- Physician Examination - yearly after the age of thirty•
- Mammography - I do not recommend mammography until the age of 50, done yearly until age 60 and then every two years, or yearly based upon your preference.

MEN

Prostate Cancer Screening

- Digital Rectal Exam (DRE) every 2 years after forty, yearly after the age of fifty.
- PSA – “prostate cancer blood test” every two years after the age of forty, yearly after the age of fifty. A controversial test, however I have found it useful in helping prevent unnecessary surgeries instead of causing them.

MEN AND WOMEN

Coronary Artery Disease Screening

The coronary calcium score I recommend to all men over the age of 45 and all women over the age of 55. CAD is the number one killer of men and women and by far the most important screening test one can do. The coronary calcium score is more predictive of cardiovascular mortality than an angiogram done by a cardiologist. Vital to determine how aggressively to treat cardiac risk factors.

Colon Cancer Screening/Colonoscopy

Done every ten years after the age of fifty or earlier if there is a family history of colon cancer in a first degree relative younger than 65.

Bone Mineral Density Analysis

In women the first test should be at the age of 50 with further testing based upon test score. For men bone density testing at age 70, also with follow-up based upon test score.

BIA (Bioimpedance Analysis)

Based upon your pre-physician test results, I recommend repeating this test at least every 3 months to determine how well your wellness program is progressing. I recommend a monthly test for those on a weight reduction program.

GENERAL HEALTHCARE RECOMMENDATIONS

Flu Shots yearly if no known sensitivity

Pneumonia Vaccination every 5 to 10 years after the age of fifty

Tetanus Vaccination every 10 years

Detoxification

No matter how healthy we are, I recommend at least a one-week cleanse every 3-4 months, more frequently if high toxicity found at the time of your BIA. Please refer to my "[Detoxification](#)" article.

The page above does not even include most of the routine blood and urine tests that I recommend as part of health surveillance, and of course, any testing necessary to evaluate your specific health problems. So please remember to take the time and budget for these very important tests.

Your Journey to Health and Healing,
Gary E. Foresman, MD

References:

Upon Request

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