

# Annual check-ups

## General practitioner

Every 2 years (30 min)

### Before the exam:

- Blood and urine collection (to check levels of sugar and cholesterol)

### During the exam:

- Talk about your family and personal history
- Physical examination of your heart, lungs and abdomen
- Blood pressure and BMI check
- Sight, hearing and birthmarks check
- Vaccinations check
- EKG after the age of 40

### Cervical cancer screening (Pap test):

A Pap test is a procedure to collect tissue from the surface of the cervix and vagina, performed once a year.

## Dermatologist

Once a year (20 min)

### During the exam:

- Talk about your family and personal history
- Dermatoscopy of your birthmarks
- You can also self-check your birthmarks using the "ABCDE method". Learn how at [www.loono.cz/en/prevention](http://www.loono.cz/en/prevention)

**Colon cancer screening:** It's done by a fecal occult blood test (FOBT) to check for any hidden blood in the stool, or by a colonoscopy. Between the age of 50 to 55: a FOBT once a year. After the age of 55: a FOBT every 2 years or a colonoscopy once a decade.

**Breast cancer screening:** Go to mammography every 2 years after the age of 45 (depending on your insurance).

**TIP:** Monthly self-check of your boobs is a great addition to these annual exams. Learn how to do it at <https://www.loono.cz/en/self-examination>.

## Gynecologist

Once a year (20 min)

### During the exam:

- Talk about your family and personal history
- Colposcopy on the chair
- Cervical smear (cytology)
- Ultrasonography (vaginal or abdominal)
- Breast examination (if you want one, we recommend it)

## Mammalogy

Every 2 years (20 min)

### During the exam:

- Talk about your family and personal history
- Ultrasonography (until the age of 40) or mammography (after the age of 40) of your breasts

## Urologist

Once a year if you are above 50 (20 min)

### During the exam:

- Talk about your family and personal history
- Blood and urine collection (perhaps also ejaculate)
- Visual examination and palpation of the testes
- Prostate examination per rectum
- Ultrasonography of your kidneys and urinary tract is a possibility

### Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at [www.loono.cz/en](http://www.loono.cz/en).

Follow us on our social media @loonocz:



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