

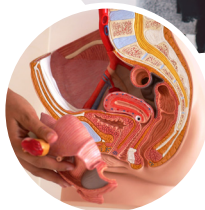


WHERE TO GO FOR
REGULAR CHECK-UPS

#believeinprevention

About the manual

This manual was created for the “Regular check-ups” project. It will teach you where and when to go for your annual check-up and how to take care of your health. You will also learn about screening programmes in Czech republic, which can help you detect diseases, such as cervical and colon cancer, in time.



About Loono

In Loono, our aim is to show prevention matters. We are a team of medical students, young physicians and other professionals like nurses, paramedics and nutritionists. Together, we organize educational workshops at private companies, schools and festivals. The scope of our workshops range from cancer prevention (**#boobsandballs**), to cardiovascular diseases prevention (**#yourheartforlife**) and sexual health (**#allgooddownthere**). We are also pretty active on social media, where we post articles, pictures, videos and other stuff every day to show the importance of your health. You can follow us under the tag **@loonocz** or listen to our podcasts - just try to write “Loono” to your podcast app.



Loono in numbers

5 years
of existence

80 000
educated
people

6 cities
Praha, Brno, Plzeň,
Hradec Králové,
Olomouc,
Bratislava

1500+
workshops

150
team members

30 000+
fans on social
media

47

Our story

Our founder Kateřina Vacková was diagnosed with a malignant ovarian cancer at the age of 22. Because she listened to the warning signs her body was giving her, she was able to detect cancer at an early stage. As she is now in remission, Kateřina has decided to inspire other young people with her story and founded Loono.

Kateřina



Dear miss, two weeks ago, my son touched his #boobsandballs, as you call it. He told me something was wrong and tomorrow, he is having a surgery. It appears to be malign and he is only 17 years old. Please, wish us good luck and keep inspiring young people to think about their bodies. Best regards, Petr L.



iMessage

Saved lives (people who discovered serious diseases in time thanks to our workshop)

Under the auspices of:



**I. LÉKAŘSKÁ
FAKULTA
Univerzita Karlova**

With the support of:



*Společnost všeobecného
lékařství ČLS JEP*

The project was realised with the financial support of:



**MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY**

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



Don't forget to switch to a general practitioner when you turn 19, don't stay with your pediatrician. It's important, GP does a big entry exam.

TIP: Find a GP close to your home.

What more can you do?

- Don't smoke, have a healthy diet and exercise regularly
- Find out where can you get tested for STDs
- Check your boobs or balls regularly. How to do it? Check:

www.loono.cz/en/self-examination.



← Point your
smartphone camera

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.

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)

*If you are a virgin, you will not get colposcopy, nor a cervical smear.

What more can you do?

- Go to mammography every 2 years after the age of 45.
- Get vaccinated against HPV (human papilloma-virus) - that's the one causing cervical cancer. It's best to get vaccinated when you are 12 - 14 years old, however you can get vaccinated even if you are older.

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. You will get your results in a week or two.

How to prevent cervical cancer?



Go to your gynecologist once a year.



Get vaccinated (your gynecologist can recommend you a suitable vaccine both for you and your partner).



Use a condom - it lowers the risks of HPV transmission.

Mammography screening



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



What more can you do?

Monthly self-check of your boobs is a great addition to these annual exams.

How to do the self-check?



Once a month

Ideally after your period.



Sight

Do they look the same as usual?
Notice any shape, skin or nipple changes.



Touch

Use three fingers. Keep them together and slowly touch your boobs in a circular motion. Then add a little pressure to check deeper layers of your skin. Be thorough - go from your collarbone to the bottom of your bra. Notice any skin changes, painful spots or hard lumps.

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



Point your
smartphone camera

You can find the whole routine at
www.loono.cz/en/self-examination.

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



What more can you do?

Monthly self-check of your balls is a great addition to these annual exams.

How to do the self-check?



Once a month

Any day of the month.



Sight

Do they look the same as usual? Notice any shape or skin changes.



Touch

Hold one testis at a time with one hand and gently roll it with the other hand. Thumbs facing front, index fingers and middle fingers facing back. Examine the bottom of the testicles and the space between them as well. Notice any painful spots, skin changes or hard lumps.

You can find the whole routine at www.loono.cz/en/self-examination.



Point your smartphone camera

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”:



A

Asymmetry

Is your birthmark **asymmetrical**?



B

Border

Does your birthmark have no apparent **borders**?



C

Colour

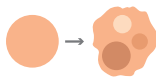
Is there a sudden change of **color**?



D

Diameter

Is the **diameter** of your birthmark bigger than 0,6 cm?



E

Evolution

Can you spot any **evolution** or other changes in your birthmark?

If you answered “yes” to at least one of the questions above, go to your doctor. Learn more at www.loono.cz/en/prevention.

What more can you do?



Stay away from the sun between 11 a.m. to 3 p.m.



Wear suitable clothing and glasses.



Use sunscreen every 2 hours.



Did you know that your dermatologist can also test you for sexually transmitted diseases (STDs)?

Dentist



Once a year
(15 min)*

During the exam:

- Talk about your family and personal history
- Teeth and gums examination
- X-ray of interdental spaces
- Evaluation of your oral hygiene
- You can also visit a dental hygienist to learn how to brush your teeth properly



*It's common to go twice a year

What more can you do?



Brush your teeth
twice a day



Limit
smoking



Limit
sweet
drinks



Use appropriate
interdental
brush



Go to a dental
hygienist

Ophthalmologist



Once a year
(30 min)

During the exam:

- Talk about your family and personal history
- Sight check
- Perimetry test (evaluation of your visual field)
- Ophthalmoscopy (evaluation of the back of your eye)
- Intraocular pressure test

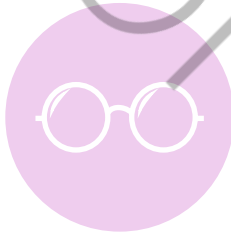


TIP: If you have cataract or glaucoma in your family, tell your doctor.

What more can you do?



Protect your eyes from the sun (even in winter), wear sunglasses with UV protection. You can prevent getting skin cancer by wearing suitable sunglasses. Did you know there can be birthmarks in the eyes?



If your doctor recommends eyeglasses, wear them.



When you work on a computer, look away from the screen every 20 minutes for at least 20 seconds.

Pediatrician



Once a year
(30 min)

During the exam:

- Talk about your family and personal history, vaccination and overall check
- Child abuse and neglect background check
- Weight, height, child development assessment
- Dietary guidelines
- Assessment of psychomotor development



Specific points of interest and examinations according to different age:

- Sight, hearing, speech, color vision deficiency, voice, teeth, laterality
- Cholesterol, urine, genitalia examination
- Hygiene habits, color recognition, bedwetting
- Musculoskeletal system, skin, lymph nodes, thyroid, blood pressure
- Sex education, protected sexual intercourse, HPV vaccination, menstruation cycle

There's a final overall examination when switching from pediatrician to a GP (before you turn 19).

You can find more details about pediatric examination at www.loono.cz/en/prevention.

Support us

We need **your help** to educate even more people.

Support us via
Darujme.cz at
bit.ly/DarujmeLoono



You can buy our
merchandise at
shop.loono.cz



Recommend our workshops
to private companies or
schools via loono.cz



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/prevention.

Test your knowledge
at bit.ly/PreventionTest



Register at
www.loono.cz/en to
receive our newsletter.
Every month, we will
send you some tips on
how to take care of
your health.

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media **@loonocz**

