

A Lifetime Of Well-being

(NAPSA)—One of the best things you can do for yourself, advises the Centers for Disease Control and Prevention, is make an appointment with a doctor to discuss what screenings and exams you need and when you need them.

For example, many doctors recommend that cervical cancer screening begin at age 21.

And, if you're at or near menopause, about 50 years of age, you should ask about a bone density test. Strong, healthy bones help support an active lifestyle.



New dimensions in mammography may help women live longer, healthier lives.

You should have annual mammograms starting at 40, or sooner if your doctor recommends it. Standard digital mammography is a good way to test for breast cancer, but you may benefit from the latest technology—3D mammography. 3D mammography helps the doctor see through layers of breast tissue much more clearly, for a more accurate exam and fewer false alarms.

At any age, you should tell your doctor about:

- Lumps or changes in your skin
- Pain, dizziness, fatigue, problems with urine or stool or menstrual cycle
- Depression, anxiety, trauma, or sleeping problems.