

# Disease Prevention Checklist

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:



## GET SCREENED FOR DISEASES

Some screenings can reduce your risk of dying from a disease. But sometimes, experts say, a test may cause more harm than good. Before you get a test, talk with your doctor about the possible benefits and harms to help you decide what's best for your health.

### TO LEARN ABOUT SCREENING TESTS, ASK YOUR DOCTOR:

- What's my chance of dying of the condition if I do or don't have the screening?
- What are the harms of the test? How often do they occur?
- How likely are false positive or false negative results?
- What are possible harms of the diagnostic tests if I get a positive screening result?
- What's the chance of finding a disease that wouldn't have caused a problem?
- How effective are the treatment options?
- Am I healthy enough to take the therapy if you discover a disease?
- What are other ways to decrease my risk of dying of this condition? How effective are they?