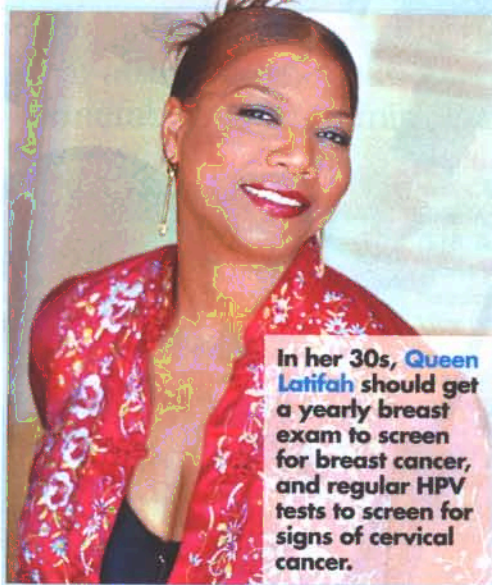
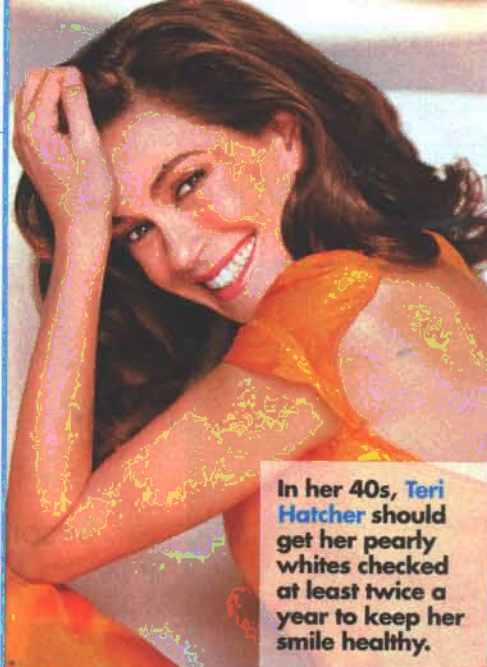


IF YOU'RE IN YOUR 30s, YOU NEED A...

- **Pap smear** and an **HPV test** every one to three years depending on the results and your doctor's recommendation. If a woman is diagnosed with HPV in her 30s, it is more likely to be a persistent strain that could lead to cervical cancer, says Dr. Savard. So every woman 30 and over should automatically ask their ob-gyns for the HPV test, which is more accurate than the Pap smear.
- **Pelvic exam** annually.
- **Breast exam** every year.
- **Blood pressure check** at least every two years.
- **Lipid check** every five years.
- **Eye exam** at least twice in your 30s. If you wear glasses or have an eye condition, you'll need to go more frequently.
- **Dental checkup** twice yearly.
- **Skin check** yearly.



In her 30s, Queen Latifah should get a yearly breast exam to screen for breast cancer, and regular HPV tests to screen for signs of cervical cancer.



In her 40s, Teri Hatcher should get her pearly whites checked at least twice a year to keep her smile healthy.

IF YOU'RE IN YOUR 40s, YOU NEED A...


- **Pap smear** and an **HPV test** every one to three years, unless your ob-gyn says otherwise.
- **Pelvic exam** annually.
- **Breast exam** every year.
- **Mammogram** every one to two years (depending on your risk for breast cancer) starting at age 40.
- **Blood pressure check** at least every two years.
- **Lipid check** every two years between ages 40 and 44, then every year starting at age 45.
- **Eye exam** every two to four years. If you have an eye condition, you may need to go more frequently.
- **Dental checkup** every six months.
- **Skin check** yearly from a dermatologist to screen for skin cancer.

WHAT TO LOOK OUT FOR AT ANY AGE...

If you smoke, are overweight, or have a personal or family history of cancer, heart disease, diabetes or depression, you may need the following tests more often or earlier than they are generally recommended:

- **Fasting blood glucose (sugar) test**, which screens for diabetes.
- **Blood pressure check** to screen for cardiovascular disease.
- **Lipid check** to screen for cardiovascular disease.
- **Mammogram** starting earlier than age 40 to screen for breast cancer.
- **Waist-to-hip ratio check**, which

"measures abdominal obesity, a more powerful indicator of heart disease and diabetes risk than overall body mass index," says Dr. Savard.

- **Colonoscopy** to screen for colon cancer starting earlier than age 50.
- **Depression screen**; if you've felt down for two weeks straight, ask your doctor if she can screen you for depression, or get a referral to a therapist. 

THESE ARE GENERAL RECOMMENDATIONS. USE THIS CHECKLIST AS A STARTING POINT WITH YOUR DOCTOR. TOGETHER YOU CAN TAILOR YOUR HEALTH SCREENS TO YOUR INDIVIDUAL NEEDS.

ASK RACHEL

Our health director answers your top questions



DEAR RACHEL

I just got a terrible sunburn. How can I alleviate the damage?

A. Ouch. Sunburns are definitely not "fun in the sun," but there are ways you can relieve the situation. See these tips from dermatologist Dr. Audrey Kunin:

- Apply cool, moist compresses frequently. Plain tap water works, or make a compress with chilled green tea, which contains an ingredient called EGCG that acts as an antioxidant and reduces inflammation and redness.
- Take a nonsteroidal anti-inflammatory like Advil to ease the pain.
- Apply a bland moisturizing cream to reduce water loss. One containing vitamin E should promote healing and protect against signs of aging.
- To reduce itchiness and pain, apply vinegar, if you can believe it. Dr. Kunin says it stops discomfort fast.
- Speed up the exfoliation process by using gentle scrubs in the shower
- When you do go back out in the sun, slather on sunscreen with SPF 15 or 30 and choose one that contains healing antioxidants, green tea or other anti-inflammatories that will continue to help you heal. Good picks are DERMAdoctor Body Guard SPF 30 and Innovative Skincare SPF 20 Treatment Sunscreen.

DEAR RACHEL

How can I find a good dentist?

A. Start by asking your doctor or a trusted friend for a referral. If no one has any recommendations, contact a credible organization like the Academy of General Dentistry (AGD) at agd.org or 877-2X-A-YEAR. The AGD rigorously screens their participating dentists, so you can be confident they'll refer you to a qualified doc. Also, if you have a dental question, you can always write in to agd.org and a dentist will answer your query online. Or take advantage of Dental Awareness Day on Aug. 4. Call 800-SMILE-33 and talk with a dentist free of charge.

IF YOU HAVE A HEALTH OR FITNESS QUESTION, e-mail askrachel@ok-magazine.com OR WRITE TO: ASK RACHEL, OK! MAGAZINE, 475 5TH AVE., NEW YORK, NY 10017

These answers are not intended to substitute for individual professional care.