Physicians will check vital signs such as blood pressure and heart rate. Visual and physical exams are often included. Screening tests for women can include a mammogram, breast exam, pap smear, or pelvic exam. Screening tests for men can include a cholesterol test, prostate cancer screening, or testicular exam. Depression, diabetes, cholesterol, and STI screenings are common aspects of physical exams.

**Prevention And Your Liver**

Laboratory tests for liver function can be used as an indication of liver health. Abdominal examinations can be used to screen for liver abnormalities.

**Doctor’s Tip**

Routine physical exams are important to maintain and develop a regular schedule to see a physician who then has the ability to screen for early diagnosis of chronic medical conditions. - Dr. Pranab Barman, Northwestern University

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes

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