You might think your health depends solely on the way you treat your body. But taking care of your mind plays a big part, too.

When you’re depressed, your mind and body suffer. Depression can cause or worsen chronic illnesses, such as heart disease. Depression can lead you to take part in unhealthy habits such as smoking, drinking, physical inactivity or poor sleep. And depression can make it harder to stay healthy and active as you age. Depression seldom goes away by itself, but it’s treatable. Medication or talk therapy can rid you of this condition.

The first step is recognizing a problem. Signs of depression include:

- Feeling sad or blue
- Having thoughts of guilt, helplessness or hopelessness
- Thinking about dying or killing yourself
- Getting tired more often
- Feeling less interested in other people and your normal activities
- Having trouble sleeping or sleeping too much

If these symptoms linger for two weeks or more, talk with your doctor. Screening tests can show if you have depression. Then you and your doctor can work on a plan together to help you feel better about life.
### Children

**BIRTH TO 12 YEARS OLD**

<table>
<thead>
<tr>
<th>AGE</th>
<th>HOW OFTEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>11 visits</td>
</tr>
<tr>
<td>0 to 2 months</td>
<td>11 visits</td>
</tr>
<tr>
<td>2 to 12 years</td>
<td>10 visits (one visit yearly)</td>
</tr>
<tr>
<td>16 months</td>
<td>One dose</td>
</tr>
</tbody>
</table>

**Recommended Preventive Care Guidelines**

**IMMUNIZATIONS**

- **Hepatitis B**: Birth, first dose, and at 6 to 18 months.
- **DTaP**: 2, 4, and 6 months.
- **Polio**: 1 to 2 months.
- **Hib**: 2 to 15 months.
- **Rotavirus**: 2 to 6 months.
- **Varicella (chickenpox)**: 12 to 15 months.
- **Meningococcal**: 11 to 12 years.
- **Pneumococcal conjugate (PCV)**: 12 months.
- **Pneumococcal**: 11 to 12 years.
- **DTaP**: 2, 4, and 6 months.
- **Varicella (chickenpox)**: 12 to 15 months.
- **Hib**: 2 to 15 months.
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- **Hib**: 2 to 15 months.
- **Rotavirus**: 2 to 6 months.

**Blood pressure screening**: Screen every two years, screen more often if blood pressure is higher than 120/80 or if high risk.

**Cholesterol and lipid screening**: Screen every two years, screen more often if high risk.

**Diabetes screening**: Screen every two years, screen more often if high risk.

**Cervical cancer and pap smear**: Ages 21 to 65.

**HIV screening**: Once for everyone at age 13 to 15.

**Chlamydia screening**: Screen during pregnancy for all 24 and younger.

**Colorectal cancer screening**: Colonoscopy every 10 years.

**Cancer and pap test screening**: Ages 30 to 65.

**Osteoporosis screening**: Ages 45 to 64.

**Prostate cancer (digital rectal exam or PSA)**: Ages 50 to 64.

**Cervical cancer and pap test screening**: Ages 30 to 65.

**Osteoporosis screening**: Ages 50 to 64.

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