



Clinton County Health Department

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"Working Together for a Healthier Community"

health.clintoncountyny.gov



Public Health
Prevent. Promote. Protect.

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Media Release

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Protect Your Health Through Preventive Care

Plattsburgh, February 2, 2026. The Clinton County Health Department (CCHD) is reminding residents that staying up-to-date with routine health care appointments, recommended health screenings, and routine vaccinations is the most effective way to protect long-term health. Many chronic diseases, such as heart disease and diabetes, as well as several types of cancer may develop over time and symptoms do not always appear early. Screenings help find issues early, giving people more time, more choices, and better outcomes.

"It feels as though we are busier than ever, and routine visits with our health care provider may take a back seat," explains Mandy Snay, MPH, RD, CDN, Director of the Health Planning and Promotion Division at CCHD, "but it's important to stay current with screenings to maintain your health."

Recommended screenings vary by age, sex, family history, health, and lifestyle. Residents are encouraged to talk with their health care provider about which of the following screenings are right for them:

- **Blood pressure (BP):** Adults aged 18-39 with normal BP and no risk factors should be checked every 2-5 years. Adults 40 years and older or those who are at higher risk should be checked annually.
- **Cholesterol:** Adults aged 20-39 should be screened every 4–6 years. Adults 40 years and older should be screened every 1-2 years or more often if they have risk factors such as diabetes, high blood pressure, or a family history of heart disease.
- **Diabetes:** Screening should begin at age 35 and should be repeated every 3 years, or earlier for anyone who is overweight or has additional risk factors.
- **Colorectal cancer:** Screening should begin at age 45 for most adults. Those with a family history or higher risk may begin screenings earlier. Screenings are done every 1-10 years depending on the type of test used.
- **Breast cancer:** Women should get mammograms every 1–2 years beginning at age 40, based on their personal risk.
- **Cervical cancer:** Screening for women should begin at age 21, with Pap tests or HPV-based testing every 3-5 years as recommended by their provider.
- **Prostate cancer:** Men should begin talking with their health care provider around age 50 (earlier for higher-risk individuals) to decide if screening is right for them. Screenings may be repeated every 1-2 years depending on the results.
- **Lung cancer:** Adults ages 50–80 who currently smoke or who have quit within the past 15 years should be screened annually.
- **Immunization:** Adults should review their vaccination needs with a healthcare provider and stay up-to-date on recommended vaccines.



"Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations"

Staying current on health screenings is important because many chronic diseases and cancers can be detected early. Prompt intervention and lifestyle changes can often slow or prevent disease progression. “Screenings are most effective when supported by other preventive efforts like moving more, eating healthy foods, not smoking, limiting alcohol consumption, and staying current with recommended vaccinations,” added Ms. Snay.

For those already living with chronic disease, preventive care does not stop at screening. Regular visits with a health care provider are especially important for managing long-term conditions. Busy schedules, medication changes, and stress can make conditions harder to manage.

Additional resources are available to support Clinton County residents. For those who are uninsured or underinsured, the Cancer Services Program of Northeastern NY offers free breast, cervical, and colon cancer screenings to eligible adults. To learn more, contact them at (518) 324-7671. Residents seeking extra support for chronic disease prevention or management are also encouraged to explore the Get Healthy North Country program and register for workshops at www.gethealthynoco.org or by calling (518) 891-5855.

About the Clinton County Health Department:

The Health Department is an accredited full service department serving the residents of Clinton County. The Health Department’s Mission is to improve and protect the health, well-being and environment of the people of Clinton County. Visit our website at health.clintoncountyny.gov or connect with us on Facebook (@clintonhealth), X (Twitter [@ClintonCountyHD]), and Instagram (clintoncountyhealth).

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