

Annual Wellness Physical Handout

Thank you for allowing Lee's Summit Physicians Group to have a part in your healthcare. We know you have many choices for your healthcare needs and we appreciate you choosing us. The following is some information that often we don't always have time to go over during your appointment but still think it's very helpful and important information for you to know.

Annual wellness exam/physical – the purpose of this yearly exam is to focus on prevention and wellness and to make sure you are healthy. We want to teach you about being healthy and catch any abnormalities early before they become a serious problem. This visit can count toward recommended or required screenings such as employer's benefit incentives or a qualifying insurance exam. Ideally, this time would not focus on chronic problem follow ups or new problems. Due to time limitations, we may ask that you reschedule another apt for problems or concerns that will need a lengthy discussion. We want to make sure that you benefit from the full visit being devoted to staying healthy and a thorough physical exam.

Immunizations – yearly fall flu shot is needed, see www.CDC.gov website for the most up to date information on other recommended immunizations such as pneumonia, shingles, Hepatitis B, tetanus and pertussis. If you don't have all recommended immunizations, please ask your care provider about ordering it for you.

Exercise – It is recommended to get at least 30 continuous minutes of exercise daily. This exercise is best if it gets your heart rate up and makes you a little winded to talk but you can still speak short phrases. It is always better to do some exercise rather than none. Start slow and work your way to 30 minutes over a few weeks if you have difficulty maintaining exercise for 30 minutes. One hour of cardio exercise is even better to prevent worsening of several chronic conditions like high blood pressure, high cholesterol, diabetes, arthritis, obesity, and many others. Exercise, even if weight or clothing size doesn't change, is beneficial in the way your body processes food and helps lower blood sugar. Exercise releases natural chemical reactions that can actually improve mood and happiness.

Food consumption (what health care professional call your diet) – Food plays a major part of your health. Junk in, gets junk results. Healthy food, reaps good results. All food intake should be balanced with all the different food groups like meat/protein, vegetables/fiber, carbohydrate (grains/fruits), and dairy. To maintain a healthy weight, calories should be monitored. If you want to lose weight then cut your calories by 200 calories a day. It is not healthy to completely eliminate one food group. It is not healthy to skip meals. You can not fool your body; it will release stored energy when you skip meals which can cause your blood sugar to increase above what a meal would have. The key is balance, consistency and moderation. Drinking enough water that your urine is pale yellow to nearly clear helps keep your body hydrated and helps avoiding overeating. Limit soda, fast food, desserts and junk food. Using a smaller plate helps control portions.

Home Safety – Working smoke detector should be in each bedroom and at several other locations in house. A CO detector can save lives as well. Put one close to bedrooms. A local fire dept. can give you direction on placement and brand/type preference. Change batteries twice a year. Remove area rugs due to slip hazard; always have a clear path to doorways in the event of an emergency.

Screenings – recommendations on screenings change from time to time based on new scientific evidence and new study results as well as new testing equipment and medications. It's always best to discuss you with your care provider what tests or screenings are right for you. Here are some general guidelines based on the current recommendations: Mammogram regularly starting at age 40, PAP/HPV (starting age 21) testing at least every 5 years if all have been normal in past, Cholesterol screenings at least every 5 years, PSA/prostate exams as directed by healthcare provider, Bone density screen, colonoscopy at least every 10 years, blood pressure, pulse, and weight with each visit, eye exams every 1-2 years (even if glasses are not needed -- just as a part of a general wellness exam), dental exams every 6 months, labs for thyroid, liver and kidney function can be done intermittently based on risk/symptoms.

Staying Healthy:

Don't drive distracted (no texting and driving, driving under the influence of alcohol or meds)

Wear sunscreen when having more than 10 minutes of total sun exposure in one day.

Be aware of internet safety and identity theft. Never give out information unless you are sure it is for the right reasons. Be careful typing and storing passwords. You always have the right to say let me check this out first and take your time making a decision.

Have a living will and durable power of attorney (DPOA) for health care filled out for each adult in the household. This is a legal document that tells health care providers and your DPOA what kind of health care you would want under certain situations like in a coma or if you had a stroke and were unable to communicate. You can find information on this in our lobby.

Wear your seatbelt all the time. Get recommended vaccinations

Get plenty of rest (approximately 6-8 hours for adults), eat healthy and exercise daily.

Wear condoms – yes sexually transmitted diseases are on the rise in the adult elderly population

Know the signs and symptoms of stroke and heart attack and go straight to the ER without waiting. The sooner you get help the less damage is done. Don't sit at home and see if symptoms will pass. Don't wait and schedule a doctor's appointment. Symptoms to go to the ER with include: Chest pain, sudden onset of shortness of breath, chest discomfort with activity or sweating with chest pain, difficulty communicating with words, or weak on one side of your body.

Keep a current list of medications with dosages and frequency and keep them in your wallet and update at every doctors visit.

Avoid smoke, if you smoke try cutting back and quitting. 1-800-Quit-Now is a very good free resource.

Limit screen time daily (computer, TV, smart phone), limit alcohol consumption.

Avoid people that are physically aggressive – www.hopehouse.net is a good resource. Call 911 if needed.

Have regular social interaction with people you enjoy being around. This can help reduce or prevent depression and anxiety.