

WELLNESS CONNECTION

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GOOD DECISIONS - The Importance of Preventative Care



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There's an old saying that goes, "an ounce of prevention is worth a pound of cure". It seems to still hold a great amount of truth when it comes to our health and preventative care services. Maintaining your health isn't only about diet and exercise, but also scheduling routine exams and screenings to avoid serious health issues.

Many screenings can be performed during an Annual Physical Exam while others could require a separate visit. The following is not an all-encompassing list of medical exams and screenings.

Preventative Care for All

- Physical Exam: Yearly exam to monitor on-going or new health concerns
- Dental Exam: 2 cleaning visits are recommended each year
- Eye Exam: August is National Eye Exam Month! A visit every 2 years is recommended
- Skin Self-Exam: Watch for any skin spots that change in shape, size or color and consult a medical professional
- Blood Pressure Screening: Check at least once every 2 years
- Cholesterol / Heart Disease Prevention: Recommended for screenings to start for men between 20 and 35

Preventative Care for Men

- Colorectal Cancer Screening: Recommended for people between ages 50 to 75
- Prostate Cancer Screening: 1 of 10 new cancer cases are prostate cancer

Preventative Care for Women

- Breast Exam / Mammogram: Mammograms recommended to begin at age 40 or earlier with a family history of breast cancer
- Pelvic Exam / Pap Smear: Beginning at age 21, pelvic exams should be done annually and Pap smears every 3 years to check for cervical cancer

Preventative Care for Children

- Behavioral Assessments
- Developmental Screenings
- Hearing Screenings
- Immunization Vaccines

A great benefit of preventative care is that it is often a free or low-cost service with an insurance provider. Make sure to check with your insurance provider prior to scheduling any preventative care visits. **And as always, you should consult with a trusted medical provider about what exams and screenings are appropriate for your healthcare.**

