

PREVENTIVE CARE

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When was your last visit to the doctor? The annual visit to the primary doctor is necessary and is part of your preventive care. Preventive care, through regularly schedule tests, helps the doctor find serious illnesses and health problems before they become complicated. Preventive care has several benefits, such as:

- Most are free as part of your health coverage,
- Help your doctor provide proactive care and treatment and
- Helps you be more focused on your health goals.

There are specific tests for women and men. Some of the tests that are part of preventive care are: the annual physical exam, immunizations and flu shots, and certain medical exams. Check the following main preventive tests and exams and identify which one you have pending. If you have questions, consult your primary doctor to help you coordinate which tests, exams and vaccines are the ones that correspond to you according to your age, gender, family history and current health status.

WOMAN

- Physical exam
- Vaccinations
- Oral exam
- Teeth cleaning
- Mammography
- Pap smear (PAP)
- Occult blood test in stool
- Colonoscopy
- Sigmoidoscopy

MAN

- Physical exam
- Vaccinations
- Oral exam
- Teeth cleaning
- PSA (blood test for specific prostate antigens).
- Rectal exam
- Occult blood test in stool
- Colonoscopy
- Sigmoidoscopy

Preventive care prevents long-term health complications. The purpose is to help you stay as healthy as possible so that you can enjoy your years with freedom and quality of life. Take care of yourself and give yourself health for you and yours. Call your doctor and make your appointment for the preventive exam today.