

Your Wellness visit - make the best of it!

As your providers we at Peace Medical feel strongly about certain things which we think will improve your health. Our mission is to improve your health and well being, prevent disease using a holistic approach, with a caring attitude.

We think these little tips are a basic guide to what you can do for a better happier healthier future ... ask us we can explain in detail

Diet

- need to eat often and small , only till you feel full or maybe three quarter full
- Emphasize Fruits vegetables , Low starch with a matching amount of protein preferably vegetable or fish based protein

Drink

- Water
- Avoid sodas , teas and juices
- An small daily dose of juice and hot tea or coffee – go for it , Guzzling like fish – oh no!

Sleep

- 7 hours minimum
- It is ok to nap if your body needs it

Exercise

- At least 30 mts – 5 times a week
- If already active then increase your exercise Heart rate to 60 -80 % of your maximal Heart Rate (220 – age)

Stress management

- Live and let live – Chill out – Do your best and beyond that ...let it go !

Sun Screen use –

- use SPF 50 minimum to protect skin for the damaging UV rays

Smoking

- Oh no – not a good idea – talk to one of us about how you can quit
- Remember second hand smoke is just as dangerous

Breast Self exam

- Best to practice it once a month - ask us how to do it right

Vaccination

- Flu vaccine is recommended to all adults after 65
- Pneumonia vaccine is recommended to all adults after 65 at least once
- Hepatitis - only in the high risk for Hepatitis person
- Tetanus - booster every 10 years after initial childhood series
- Zoster vaccine --people 60 yrs and older with or without previous shingles

Preventive tests

Colon cancer screen – The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults, beginning at age 50 years and continuing until age 75 years. The risks and benefits of these screening methods may vary.

Grade: A Recommendation.

Breast Cancer screen

Prostate cancer screen. Prostate cancer is a serious health problem that affects thousands of men and their families. But before getting a PSA test, all men deserve to know what the science tells us about PSA screening: there is a very small potential benefit and significant potential harms. We encourage clinicians to consider this evidence and not screen their patients with a PSA test unless the individual being screened understands what is known about PSA screening and makes the personal decision that even a small possibility of benefit outweighs the known risk of harms

Skin Cancer screen Examination of the skin by persons and reporting to their provider for the ABC signs – asymmetry of a mole or growth in the mole, Bleeding, change in color

Cervical cancer screen The U.S. Preventive Services Task Force (USPSTF) strongly recommends screening for cervical cancer in women who have been sexually active and have a cervix.

The USPSTF recommends against routinely screening women older than age 65 for cervical cancer if they have had adequate recent screening with normal Pap smears and are not otherwise at high risk for cervical cancer

Grade: D Recommendation.

The USPSTF recommends against routine Pap smear screening in women who have had a total hysterectomy for benign disease.

Grade: D Recommendation.