

The question of whether a “physical” is needed comes up a lot. While you are always welcome to schedule an appointment to see me, probably a better question is whether all your preventive health activities are up to date. Both Kaiser Permanente and I are dedicated to keeping you healthy. Please review the information below and feel free to contact me if you are not up to date on everything.

AGE	18	20	25	30	35	40	45	50	55	60	65	70	75	80+	
HEALTHY HABITS															
SMOKING	Don't smoke. If you do, we can help you quit. Don't allow anyone to smoke around your child.														
DIET & NUTRITION	Eat a balanced diet with at least five servings of fruits and vegetables every day. Limit foods high in fat and sugar. Eat foods high in calcium.														
EXERCISE	Try to be physically active for at least 30 minutes most days. Limit inactivity (TV, video games).														
ALCOHOL & DRUGS	If drinking or using drugs is causing problems for you or others, we can help. Until you are ready to quit, avoid sharing needles to reduce the risk of HIV and Hepatitis C.														
EMOTIONAL HEALTH	If you are depressed, thinking of suicide, or are being hurt by someone, talk to your physician or practitioner.														
INJURY PREVENTION	Wear your seatbelt for every ride and buckle up children in the back seat. Don't drink and drive or ride with anyone who has been drinking. If there are guns in the house, keep them unloaded and locked up. Wear a helmet when you are on a bike, motorcycle, skateboard, rollerblades, or scooter.														
MID-LIFE CHOICES (FOR WOMEN)	Discuss options for managing menopause with your physician or practitioner.														
SEXUAL PRACTICES	Use birth control to avoid unplanned pregnancy. Practice safer sex to avoid HIV, chlamydia, and other sexually transmitted diseases.														
SKIN PROTECTION	Protect your skin from sun when outdoors. Wear long-sleeved shirts, hats, and sunscreen to reduce your risk of skin cancer.														
VIOLENCE	If you are being abused, hurt, or threatened, talk with your physician or practitioner.														
SCREENING TESTS															
CHOLESTEROL SCREENING								Every 5 years for all adults.							
COLORECTAL CANCER									Flexible sigmoidoscopy every 10 years.						
HYPERTENSION	Blood pressure check every 1 to 2 years.														
SEXUALLY TRANSMITTED DISEASES	Ask about screening tests if you have had multiple sexual partners or suspect other risks.														
MAMMOGRAPHY (FOR WOMEN)								Every 1-2 years starting at age 50. From age 40-49 and after 75 discuss with your physician or practitioner.							
PAP TEST (FOR WOMEN)	Every 2 years (after having 2 normal Pap tests). Discuss with your physician or practitioner after age 65 or after a hysterectomy.														
PROSTATE CANCER (FOR MEN)								Discuss PSA test & rectal exam with your physician or practitioner.							
IMMUNIZATIONS															
FLU								Annually starting at age 50, especially if you have a chronic illness.							
HEPATITIS B	Vaccine recommended.														
IMMUNIZATIONS	Ask your physician or practitioner if you need any immunizations.														
PNEUMONIA												Once, after age 65.			

