

General Steps for Healthy Living

1. Do not use tobacco in any form.
2. Limit your alcohol intake to no more than 2 standardized drinks per day.
3. Limit your total caffeine intake to one serving per day.
4. Eat a diet low in fat and high in whole-grain fruits and vegetables.
5. Minimize sun exposure, wear hats and sunscreen with SPF 15 or higher.
6. Exercise regularly as advised by your physician.
7. Keep your body mass index less than 25.
8. Keep your immunizations current.
9. Practice safe sex and get yearly STD screenings if high risk.
10. Do not abuse drugs or medications of any kind.
11. Always wear your seatbelt whenever you are in a car.
12. Wear a bike helmet when you ride a bike.
13. Make sure you have a functioning smoke detector and carbon monoxide detector.
14. Learn about ways to deal with stress and make a conscious effort to relax.
15. Get a preventative physical exam yearly by your internist and follow screening recommendations.
16. Have a yearly eye exam yearly by an ophthalmologist.
17. Get a dental exam twice yearly.
18. Have a complete skin exam yearly by a dermatologist.
19. Women: practice monthly self -breast exams as advised by your doctor.
20. Men: practice monthly self -testicular exams as advised by your doctor.
21. Follow screening guidelines below:

All patients need screening colonoscopy starting at age 50.

Men need PSA starting at age 50 and at least 1 yearly rectal exam.

Women need bone density testing at menopause and repeat as advised by your doctor.

Some high risk males may need bone density, ask your doctor.

Women need mammogram at 35 and then yearly after age 40.

Women should discuss frequency of PAP screening with your doctor.

22. Follow immunization schedules below:

Flu vaccine yearly

Pneumonia vaccine at age 65 and repeat again in 5 years if high risk

Shingles vaccine at age 60

Tetanus vaccine every 10 years

Cervical cancer vaccine for women age 26 years or less

Hepatitis A and B vaccine for high risk patients

Meningitis vaccine for high risk patients

Recommendations are for the average patient. Your doctor may change them if you have higher risk factors.