

THE IMPORTANCE OF REGULAR CHECK-UPS



Don't Neglect Your Health

It's time to take charge of your health. Regular health exams and tests are an important part of a prevention routine and help keep people on track with their health goals. Routine check-ups can also help find potential issues before they become a problem. Your health exam is the ideal time to update your primary care physician about any problems, ask questions about your health and discuss your prescriptions (be sure to bring a list with you) and vaccinations.

The benefits of regular check-ups include:

- Early detection of potential health problems
- Opportunity to discuss current prescriptions and make any changes
- Determine if you are up-to-date with your vaccinations
- Ask questions about symptoms you've been experiencing
- Monitor existing medical conditions
- Set health goals and discuss any lifestyle changes needed to reach those goals
- Discuss referral options should you need access to a specialist

By getting the appropriate medical attention, blood tests and cancer screenings, you are taking important steps toward living a longer, healthier life. Exactly which exams and screenings you need will depend on your age, gender and family history as well as your lifestyle choices. Discuss what's appropriate for you with your primary care physician.

Call (914) 723-8100 to schedule an appointment.