

ADULT HEALTH & WELLNESS RECOMMENDATIONS

The following Health & Wellness recommendations are based on guidelines from the *United States Preventative Services Task Force (USPSTF)* and the *American Academy of Family Physicians (AAFP)* for preventative health maintenance. Please read carefully and incorporate into a healthy lifestyle and practice. Notify Dr. Crider and staff of your questions and for preventative evaluation and testing.

GENERAL

ALCOHOL: Limit 1 drink per day (women), 2 drinks per day (men)—if cleared by Dr. Crider. Avoid ALL alcohol if you are taking blood thinners, Aspirin, pain or arthritis medication, or if you have Liver disease.

BLADDER CONTROL: Inform Dr. Crider of any bladder issues or leakage.

CAFFEINE: limit 2 cups per day

COMMUNITY RESOURCES: may be available through Marshall Medical Social Services, TESA, Arab Senior Center, Meals on Wheels, Salvation Army, Home Health, Hospice, etc. for those who qualify.

DENTAL EXAM: every 6 months

DIET: restrict to 1800 calories per day if overweight. Protein drinks (1-3) per day and a multivitamin per day should be taken for anyone who is under weight.

EXERCISE: brisk 20 minute walk 3 days per week & *BODY BY SCIENCE* for strength training (*if no exercise restrictions*)

EYE EXAM: every 2 years for Diabetics, every 1 year if taking insulin or if Retinopathy

FALLS & BALANCE: Inform Dr. Crider *immediately* for any balance issues or falls to prevent future injury. Remove rugs, add grab bars in bathrooms, install handrails, avoid ladders and climbing, replace poor lighting. *ALWAYS* use cane or walker if unsteady. Be extra cautious when getting out of bed.

HEARING: Notify Dr. Crider if you or your family notice hearing difficulty

HOSPITAL, EMERGENCY DEPT., NURSING HOME, REHAB: Notify Dr. Crider *IMMEDIATELY* after any Hospital admission, Emergency visit, or Nursing Home-Rehab stay.

MEDICATIONS: Notify Dr. Crider of any medication changes. *BRING YOUR BOTTLES* to each visit

LIVING WILL: Discuss with your family and Dr. Crider your wishes regarding end-of-life issues. For example, in the event of injury or illness, which renders you mentally incapacitated, would you want to be placed on life support, have your heart shocked, or receive tube feeding? You may want to consult an attorney to assist you in completing an *Advanced Directive* as well as assigning a *healthcare proxy* or *surrogate* to make medical decisions if you become incapable of making healthcare decisions for yourself. **ADVANCED DIRECTIVE** forms can be printed at WWW.ADVIDIR.COM.

MENTAL HEALTH: Inform of any new or worsening ***Emotional Issues:*** depression, anxiety, suicidal thought, anger, violence, poor self-esteem; ***Substance Abuse:*** alcohol, tobacco, or illicit drug use; ***ABUSE:*** spousal or caregiver physical or sexual abuse or assault; ***Eating Disorders:*** overeating and obesity, poor body image, anorexia, abnormal weight loss

PAIN MEDICATIONS: Pursue non-opioid treatment, such as physical therapy, work to reduce your dosage, work to eliminate use of tranquilizers and sleeping pills such as Xanax, Ativan, or Klonopin

SAFETY: Always wear your seatbelt. Do not drive if you have dizziness, chest pain, shortness of breath, heart racing, seizures, passing out, or loss of consciousness for any reason until cleared to drive.

SEXUAL & REPRODUCTIVE HEALTH: Report erectile dysfunction, menopausal symptoms, abuse or if taking medications for erectile dysfunction (*especially with Heart Disease*), testosterone, or hormone treatment. SAFER SEX (e.g., condoms, dental dams) should be practiced if non-monogamous. Testing recommended for Sexually Transmitted Infection, genital lesions, high-risk sexual activity (e.g., HIV, Hepatitis B & C, Syphilis, Gonorrhea, Chlamydia). Take **Folic Acid** 1 mg per day if childbearing age.

TOBACCO: discontinue all forms of tobacco and vaping. Reduce exposure to second-hand smoke. Medications are available to assist with nicotine withdrawal

WELLNESS EXAM: every year with Blood Pressure, Weight, Height, & Body Mass Index (BMI)

TESTING

AORTIC ULTRASOUND (Aneurism): men 55-65 who have ever smoked x1

BONE DENSITY TEST (Osteoporosis): women ages 50-64 if risk factors, all women 65 and older

COLONOSCOPY (Colon Cancer): ages 45-75 at least every 10 years, every 5 years if history of pre-cancer polyps

Low Colon Cancer Risk Testing Options:

- ***NOT*** for those with history of colon polyps, colon cancer, or family history of colon cancer
- **HEMOCULT:** stool tests (x3), must be done every year
- **COLOGUARD:** mail-in boxed stool test, every 5 years

LUNG CANCER SCREEN (Low-dose CT CHEST): 50-80 for heavy smokers

MAMMOGRAM: women every 1-2 years ages 40-70

PAP SMEAR: women ages 21-64, every 3-5 years

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REFERRALS & RESULTS

APPOINTMENTS: Call the office to schedule appointments, referrals, testing or treatment, or obtain test results.

WEBSITE: Practice information is available at johncridermd.com.

PORTAL Our internet Portal is available for you to access your healthcare information, results, appointments, etc., and to communicate with Dr. Crider and staff. Ask our staff for assistance in setting up your **FOLLOWMYHEALTH** portal.

VACCINES

COVID-19 Vaccine & Booster—*Strongly recommend* based on CDC Guidelines

Flu Shot: 1 dose every year—*Strongly recommend*

Hepatitis A: 2 doses—If Chronic liver disease, IV drug use, Homosexual men, International travel

Hepatitis B: 3 doses—If Diabetic over age 60, Liver Disease, End-stage Kidney disease, HIV, Homosexual, IV drug use

HPV (Genital warts): 3 doses—ages 9-45

Meningitis: 2 doses—ages 11 and 16,

2 doses, 8 weeks apart, then every 5 years—If no spleen, HIV, Some international travel

Pneumovax (Pneumonia): 1 dose (*take 8 weeks after Prevnar*). Repeat Pneumovax in 5 years

—If Immune Suppressed, HIV, Kidney Failure, Cancer, Spleen removed

1 dose *only*

—If Smoker, Alcoholism Heart disease, Liver disease, Chronic lung disease, COPD, Asthma, Diabetes

—age 65 & older (repeat after 5 years if received before age 65)

Prevnar (Pneumonia): 1 dose *only* (*Take before Pneumovax*)—If age 65 and older, Immune Suppressed, HIV, Kidney Failure, Cancer, Spleen removed

Shingrix (Shingles): 2 doses—Take if you have or have not had Chicken Pox and if you had Zostavax

TDAP (Tetanus, Whooping Cough): 1 dose—Especially important for anyone who is around babies and children

Td (Tetanus): 1 dose every 10 years *after taking TDAP*

***** Dr. Crider offers most of these vaccines at your request.**

You can also get these vaccines at your Pharmacy

—You do not need a prescription

—Check your vaccination record and allergies before getting vaccines

—Your pharmacist administers these vaccines

—Contact Dr. Crider for any questions

LAB TESTS

BRAC Cancer Risk: 1 lifetime screening test, women with personal history or family history of Breast or Ovarian Cancer
Request referral for genetic counseling and insurance pre-approval

CHOLESTEROL: every 5 years ages 20-44, every year ages 45-70

GLUCOSE: every 3 years ages 35-70 if overweight

GONORRHEA / CHLAMYDIA: (urine test): sexually active women younger than 25, all ages if high-risk sexual activity or Sexually Transmitted Infection exposure.

Hepatitis B: Test after high-risk sexual activity, Sexually Transmitted Infection exposure

HEPATITIS C: 1 test between ages 18-79

HIV: 1 lifetime screening test recommended between 18-65. Repeat testing if high-risk sexual activity or Sexually Transmitted Infection exposure. Repeat after 6 months

PSA & PROSTATE EXAM: men 50-70 every year, age 40 if family history of Prostate Cancer

Syphilis (RPR): Test after high-risk sexual activity, Sexually Transmitted Infection exposure

URINE PROTEIN: every year if Diabetes, Hypertension, Proteinuria

***** Inform Dr. Crider or staff if you want**

any of these tests added to your evaluation during any appointment

—Most insurances cover these tests