

WHAT SHOULD YOU TALK ABOUT AT YOUR WELLNESS EXAM?

General Health and Nutrition:

- How to eat a diet that includes a variety of fruit, vegetables, proteins, healthy fats, and grain products that are low in saturated fat (bad fat) and low in cholesterol.
- How regular physical activity can help prevent heart disease, high blood pressure, type 2 diabetes, obesity, and osteoporosis (weak bones).
- Bowel habits.
- The weight that is healthy for you.

Sexual Health:

- Discuss sexual concerns if you are having sexual relations.
- How to avoid sexually transmitted diseases (STDs) including HIV.

Tobacco Use:

- If you smoke or chew tobacco, talk about the effects tobacco has on the body.
- Discuss the best ways to try to quit.
- Discuss the dangers of environmental (second hand) smoke.

Alcohol and Substance Use:

- Do you drink alcohol and/or use prescription or non-prescription drugs?
- What is too much alcohol?
- How to avoid problem drinking and problem drug use.

Dental Health:

- How taking care of your teeth can keep your whole body healthier.
- Which foods, drinks and medications can poorly affect your mouth.

Mental Health:

- How you handle stress.
- Are you showing signs of depression?
- Have your moods changed?

Injury Prevention and Immunizations (Shots):

- Do you use seatbelts?
- What can be done if there is violence at home.
- What you can do to protect yourself from injuries while working.
- Why adults need some immunizations (shots).

WHAT WILL THE PROVIDER CHECK AT YOUR WELLNESS EXAM?

- Health history, height, and weight.
- Body mass index (a measure of body fat based on height and weight).
- Blood pressure.
- Cholesterol. Screen all men routinely starting at age 35. Screen men at increased risk for high cholesterol at first wellness exam.
- Diet/nutritional screening and counseling if appropriate.
- Diabetes screening for those at risk.
- Colorectal cancer screening. Men ages 50 and older should be offered options for testing such as a FOBT every 1-2 years, sigmoidoscopy every 5 years, or colonoscopy every 10 years. Men at high risk for colorectal cancer, such as family history, may be screened more often.

- Prostate exam: Screening for prostate cancer with a digital exam. Men over age 40 who are at high risk for prostate cancer (family history) should be offered DRE/PSA test. All men over age 50 may be offered DRE/PSA test by their provider.

- Listen to heart and lung sounds.
- Tobacco use screening.
- If you smoke, your provider will ask if you are ready to quit smoking and offer counseling or medications to help if appropriate.

- Exam of health of skin, eyes and abdomen (stomach area).
- Alcohol and drug use.

- Oral exam of teeth, gums, throat and neck for signs of dental problems or problems with the mouth or neck.

- Moods and feelings of sadness, anger, nervousness, or anxiety.
- Signs of depression.

- Exam of strength and posture.
- A tetanus shot is needed once every ten years.
- A yearly flu shot is recommended for men ages 50+.
- A Pneumonia shot at least once after age 65.
- Other shots, including hepatitis vaccine, may be needed.