

# PREVENTATIVE COUNSELING

## **To Our Valued Patients:**

The promotion of healthy lifestyles and early identification of potential health risks will benefit you and are important to us. With this in mind, the following guidelines have been developed. Please discuss any concerns that you may have with your doctor during your visit.

## **Lifestyle Changes**

### **Diet**

Choose a balanced diet low in saturated fat, cholesterol, sugar and salt. Eat plenty of vegetables, fruits and grains, which provide vitamins, minerals and fiber, and lean meats and pastas. Excessive weight is detrimental to your well being and can predispose you to diabetes. This office has low calorie diets available to you and can help instruct you on programs involving diet and exercise. Beware of fad diets and talk to your doctor before starting any weight loss program

### **Exercise**

Twenty minutes of exercise, three times a week (ie. walking, swimming, etc.) will keep you and your bones healthy.

### **Abusive Habits**

Smoking has been shown to cause heart disease, cancer, strokes, and other illness. Your doctor can help find a program that can help you quit smoking.

Excessive alcohol intake (more than 2 oz. liquor or one beer daily) is associated with many illness such as cancer and liver disease.

Illicit drug use has many health risks, such as AIDS, hepatitis, heart problems, mental and social disorders.

Sexual promiscuity and certain sexual practices can expose you to potentially fatal disease such as AIDS, and numerous other sexually transmitted diseases (STD's).

Sun exposure that is excessive can cause skin cancer. Always use sunscreen when exposed to the sun.

### **Injury Prevention**

Safety products help to prevent serious injuries. They include seat belts, bicycle helmets, and smoke detectors.

Try to develop safety awareness in all you do including safe work habits (lifting, bending, etc.), firearm safety, water safety practices, CPR training, poison prevention, and good driving habits. Courses are available within the community. Try to prevent falls by keeping hallways lit, and be careful when using walkers and canes.

### **Domestic**

Domestic violence and abuse can be helped. If you are in immediate danger, please call 911. The domestic abuse hot line is (800) 799-7233.

### **Dental Health**

Brush two times per day and floss every day. See your dentist for routine visits every six months.

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PRINTED Patient Name

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Signature of Patient

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Date