

Annual Physical Exams

Our major goal as a primary care practice is the elimination of chronic diseases, (that is diabetes, obesity, atherosclerosis, high blood pressure, gout, arthritis, osteoporosis, and certain forms of cancers) in our patient population and the general community, through primary preventative medicine. Primary preventative medicine is concerned with preventing the occurrence of both physical and mental illnesses and diseases. These efforts include general promotion of health through physical exams and immunization.

We believe that an annual physical exam for both children and adults is the best way to accomplish our goal. An annual physical exam may discover things that have not brought about symptoms.

Example, an annual cholesterol level may reveal a high level. Elevated cholesterol levels may be an indication of clogged arteries and heart disease.

Ten years ago, we took the initiative to move towards prevention because we felt it was the only way to reduce chronic diseases and lower the financial burden of health care.

It is much more cost effective for a patient to see a dietitian for four sessions than it is for a patient to go through a heart bypass operation.

Primary preventative medicine has become the future of medicine and we continue to endorse this method.

Routine Yearly Physical Exam Should Include The Following

	Adult	Adolescent	Child	Infant
Blood Pressure	●	●	●	✓
Height	●	●	●	●
Weight	●	●	●	●
Hearing	●	●	●	✓
Vision	●	●	●	✓
Blood Count	●	●	●	●
Urinalysis	●	●	●	✓
Electro-Cardiogram	●	✓	✓	✓
Chest X-Ray	✓	✓	✓	✓

✓ Only if indicated [signs or symptoms]

Test / Procedure	Sex	Age	Frequency
Sigmoidoscopy	M&F	over 50	After 2 neg. exams 1 year apart, perform every 3-5 years
Stool Guajac Slide Test	M&F	over 40	Every Year
Digital Rectal Examination	M&F	over 40	Every Year
Pelvic Examination Pap Smear	F	All women who are, or who have been, sexually active, or have reached age 16, should have an annual Pap test and pelvic examination.	
Prostate	M	40 & over	Every Year
Breast Self Examination	F	20 & over	Every Month
Breast Physical Examination	F	20-40 over 40	Every 3 years Every Year
Mammography	M	35-39 40-49 50 & over	Baseline Every 1-2 years Between years
PSA Level	M	50 & over	
Chest X-Ray		Discretion of Physician	
Sputum cytology		Not Recommended	
Health counseling & Cancer Checkup**	M&F M&F		

**To include examination for cancers of the thyroid, testicles, prostate, ovaries, lymph nodes, oral region, and skin.