

Importance of a Regular Checkup

Regular checkups and tests can help find problems before they start. Adults should visit their doctor at least once a year. A regular checkup is to:

- ◇ Screen for diseases
- ◇ Measure height, weight and blood pressure
- ◇ Help develop a healthy lifestyle
- ◇ Update vaccinations
- ◇ Perform special tests at certain times in your life



Visiting a doctor's office may make you nervous. You might forget to ask something. Or you may forget what the doctor or nurse said. Here are some things you can do before your visit:

- ◇ Write down your concerns
- ◇ Review your family history
- ◇ Write down all the medicines, or vitamins you take
- ◇ Write down any problems or symptoms you might have



Here are a few more tips for you while you are at the doctor's office:



- ◇ Ask questions until you do understand
- ◇ Take notes or bring a tape-recorder
- ◇ Ask your doctor to write down his or her instructions to you
- ◇ Ask your doctor where you can go for more information

Don't delay, call for an appointment today!

Cell Phone Distraction

Today's cell phones are more than just phones. They serve as a mini-computer. Today's cell phones allow you:

- * Surf the web
- * Take pictures
- * Listen to music
- * Keep a calendar and to do list
- * Text messaging
- * Record video
- * Play games

It is not a surprise to anyone. Cell phones pose a great risk when combined with driving. First, drivers must take their eyes off the road while dialing. Second, people can become so focused in their conversations and not concentrate on the act of driving. It causes about 25% of all reported accidents.

Be Alert, Don't Use Your Cell Phone While Driving!!!

To get more information, please call the SFCCN Health & Wellness Programs:

MHS 954-276-3149 Broward Health (NBHD) 954-767-5614 PHT 786-352-7511



Prevent Weight Gain

As people age, their body slowly changes. The bodies muscle decrease and the bodies fat increase. Aging slows the metabolism. It is easier to gain weight. Some people become less active as they get older. So it increases the risk of weight gain.

The good news is that weight gain can be prevented by:

- * Changing to a healthier lifestyle
- * Good eating habits
- * Exercise daily



It is helpful to weigh yourself regularly. You will be more likely to catch small weight gain more quickly. Set some small goals to help you increase physical activity and make better food choices.



Happy Smile, Happy Teeth



It is important to brush and floss your teeth daily. Brush after every meal and before bedtime. It is important to eat a healthy diet. Try not to eat too much candy or drink soda! Visit your dentist for regular checkups and be sure to brush and floss.

REMEMBER TO SMILE!!!



Hurricane Readiness

Basic steps to prepare for the storm:

- Learn about your community's emergency plan
 - ⇒ Evacuation routes
 - ⇒ Location of emergency shelters
- Locate and secure your important papers
 - ⇒ Wills
 - ⇒ Licenses
 - ⇒ Birth Certificate
 - ⇒ Other important documents
- Post emergency phone numbers on your Refrigerator
- Make plans for your pets
- Make arrangements for family member(s) with special needs



*For more information,
please call us.*

Things you will need to prepare for the storm:

- A 3 – 5 day supply of water (about five gallons for each person)
- A 3 – 5 day supply of non-perishable food
- A first aid kit
- Batteries
- Fill prescription medicines
- Disposable cleaning cloths
- An emergency kit for your car
- Food and supplies for baby
- Personal hygiene supplies
- Fill your car gas tank

