

Adult Health Guide



BEAVER MEDICAL GROUP

Put Prevention Into Practice



**Beaver Medical Group
Personal Health Guide
Put Prevention Into Practice**

Personal Information

Name: _____

Address: _____

Telephone: Residence _____ Work _____

In An Emergency Contact: _____

Telephone: Residence _____ Work _____

Relationship: _____

Allergies: _____

Important Medical Problems: _____

Doctor / Health Care Provider(s):

Name

Telephone #

Beaver Medical Group

1-909-793-3311

1-800

Medical Insurance Information:

Group

Identification #

BEAVER MEDICAL GROUP PERSONAL HEALTH GUIDE PUT PREVENTION INTO PRACTICE

The Beaver Medical Group has initiated a program of preventive care for you, modified from national programs and publications to fit our local needs. The program is based primarily on the most recent recommendations of the U.S. Preventive Services Task Force. This *Personal Health Guide* has been modified from a similar one published as part of "Put Prevention Into Practice," a national initiative of the U.S. Department of Health and Human Services' Public Health Service in partnership with the American Academy of Family Physicians, and other public and private health care organizations.

The goal is to preserve the health of all Americans through improving the quality and quantity of preventive care.

You can help to put prevention into practice by keeping this *Personal Health Guide* in a safe place at home. Look at it often to make sure that you receive the preventive care that you need, and bring to with you every time you see a doctor or other healthcare provider.

You can also do your part to help put prevention into practice by following the health advice in this *Personal Health Guide*. Take charge of your health and live a longer and happier life!

We encourage you to ask your personal physician about the recommendations in this guide. Together you can design a program of preventive health care suited to your particular needs.

Sincerely,

Robert C.M. Bourne, M.D., Chairman
Beaver Preventive Task Force

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HOW TO USE THE PERSONAL HEALTH GUIDE

Read the important information at the top of each page. Also read the sections labeled “For You” and answer the questions. Your answers will help your doctor know what preventive care you need. If you don’t understand a question, be sure to ask your doctor about it.

Fill out the “With Your Doctor” section of each page with the help of your doctor. This will help you and your doctor plan your preventive care.

Use the Personal Prevention Record in the center of this Personal Health Guide to keep track of your preventive care. Take this Personal Health Guide home and keep it in a safe place. Look at it often to make sure that you get the preventive care you need. Bring it with you every time you see a doctor or other health care professional. (Please note: the word “doctor” is used in this Personal Health Guide to refer to health care providers of all types, including nurses, nurse practitioners, and physician assistants).

Working with your doctor or other health care provider to stay well is as important as getting treatment when you are sick. This Personal Health Guide will help you and your doctor make sure that you get the tests, immunizations (shots), and guidance you need to stay healthy.

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WEIGHT / BMI

Weighing too much or too little can lead to health problems. You should have your weight checked regularly by your doctor. Your doctor can tell you what is a healthy weight for you and how to get to and stay at that weight. See page 16 for information on physical activity and nutrition.

FOR YOU

I weigh _____ pounds.

Ways that I control my weight now are:

1. _____
2. _____
3. _____
4. _____

WITH YOUR DOCTOR

A healthy weight for me is between _____ and _____ pounds.

The best ways for me to control my weight are:

1. _____
2. _____
3. _____
4. _____

Body Mass Index (BMI) is a number calculated from weight and height that helps determine whether your current weight is healthy. Your doctor can calculate your BMI for you, or you can use this formula.

BMI Calculation

$$\text{BMI} = \left(\frac{\text{Wt. in lbs}}{\text{Ht in inches} \times \text{Ht in inches}} \right) \times 703$$

My BMI is _____

Adult BMI Range:

Underweight:	BMI below 19
Ideal:	19-25
Overweight:	25.1-30
Obese:	30.1-40
Morbidly obese:	Over 40

Keep track of your weight using the Personal Prevention Record in the center of this Health Guide.

BLOOD PRESSURE

Get your blood pressure checked at each visit or at least every two years, and more often if it is high.

If you have high blood pressure, talk with your doctor about how to lower it by changing your diet, losing excess weight, exercising or (if necessary) taking medicine. If you need to take medicine, be sure to take it every day, as your doctor prescribes.

Getting your blood pressure under control will help lower your risk from heart disease, strokes and kidney problems.

WITH YOUR DOCTOR

My blood pressure should be lower than _____ / _____ .

Ways that I can keep my blood pressure under control are:

1. _____
2. _____
3. _____

Keep track of your blood pressure using the Personal Prevention Record in the center of this Health Guide.

HEALTHY BLOOD PRESSURE RANGE:

120/80 - Normal

140/85 - Acceptable, but if consistently in this range, talk with your doctor

130/80 - If Diabetic, goal should be under this range

CHOLESTEROL

Have your cholesterol and HDL level checked at least every five years if over 35 yrs. old for men and over 45 yrs. old for women. Too much cholesterol can clog your blood vessels and cause heart disease and other serious problems. If your cholesterol is high, your doctor can tell you how to lower it by changing your diet, losing excess weight, exercising and (if necessary) taking medicine. Your doctor may also wish to check your levels of "bad" (LDL) and "good" (HDL) cholesterol.

FOR YOU

I last had my cholesterol checked _____ years ago. My cholesterol was _____ mg/dL. My HDL was _____.

WITH YOUR DOCTOR

My cholesterol should be checked every _____ year(s).
Next due _____. My cholesterol should be less than _____ mg/dL.

Ways that I can control my cholesterol are:

1. _____
2. _____
3. _____

Keep track of your cholesterol using the Personal Prevention Record in the center of this Health Guide.

HDL Guidelines -

Optimal - Over 60

Below Optimal 40-59

Low - Less than 40

LDL Guidelines -

Optimal - Less than 100

Less than Optimal 100-129

Borderline High 130-159

High - 160-189

Very High - Over 190

IMMUNIZATIONS

Adults need immunizations (“shots”) to prevent serious diseases. You should get a tetanus-diphtheria shot every ten years. At age 50 you should begin having influenza (“flu”) shots every year. A pneumonia shot should be given once at age 65, or younger for groups listed below.

WITH YOUR DOCTOR

Keep track of the immunizations you receive using the Personal Prevention Record in the center of this Personal Health Guide.

FOR YOU

Tell your doctor if you receive blood transfusions or other blood products, engage in male homosexual activity, or use illegal drugs. You may need immunizations against hepatitis.

Tell your doctor if you have heart, lung, kidney or liver disease, diabetes, sickle cell anemia, immune system problems (including HIV infection), Hodgkin’s disease, lymphoma, or multiple myeloma. You may need influenza or pneumococcal shots before the above listed ages.

Also, tell your doctor if you are a public safety or healthcare worker. You may need additional immunizations against Hepatitis, as well as, influenza and pneumococcal shots before the above listed ages.

ORAL HEALTH CARE

Good oral health care is important for your teeth and general health. With proper care, your teeth will last you for life.

Visit your dentist regularly for checkups.

Brush after meals with a soft or medium-bristled toothbrush, using a toothpaste with fluoride.

Use dental floss daily.

Limit the amount of sweets you eat, especially between meals.

Do not smoke or chew tobacco products

FOR YOU

Date of my last visit to the dentist was _____ .

WITH YOUR DENTIST

I need to visit my dentist every _____ month(s)/year(s).

Next due _____

Ways that I can improve my dental health are:

1. _____
2. _____
3. _____

MAMMOGRAM FOR WOMEN

You should begin having mammograms regularly by age 40. Some women may need mammograms earlier. A mammogram is an x-ray test that can detect breast cancer when it is so small that you or your doctor cannot feel it, and when it can be most easily cured. Talk with your doctor about when to begin and how often to have this important test. The decision to continue mammograms after age 70 will be based on individual factors

FOR YOU

I last had a mammogram ___ year(s) ago.

Tell your doctor if your mother or a sister has had breast cancer. You may need to have mammograms earlier and more often than other women.

WITH YOUR DOCTOR

I need a mammogram every _____ year(s), starting at age _____ . Next due _____ .

Keep track of your mammograms using the Personal Prevention Record in the center of this Health Guide.

BONE DENSITY TEST

(For women and certain high risk men)

Hip Fractures (and other fractures) can cause significant illness and death in older women and even some men. All women over age 35 should take Calcium in the diet or by supplement (1gm daily before menopause, 500mg after).

Bone density screening is recommended for all woman at age 65.

Individuals of both sexes who might be at increased risk should discuss with their doctor whether screening is indicated and at what age. Risk factors include female gender, smoking, steroid (cortisone) therapy, thyroid problems, weight loss, family history, poor nutrition, anorexia.

PAP SMEAR FOR WOMEN

You need to have a Pap smear regularly. This simple test has saved the lives of many women by detecting cancer of the cervix early – when it is most easily cured.

Any women who has ever been sexually active needs this test regularly. Please talk with your doctor about how often you need this very important test.

FOR YOU

I last had a Pap smear _____ year(s) ago.

Tell your doctor if you have had genital warts, sexually transmitted diseases (V.D.), multiple sexual partners or abnormal Pap smears. You may need Pap smears more often than other women.

WITH YOUR DOCTOR

I need a Pap smear every _____ year(s). Next due:

_____ .

Keep track of your Pap smears using the Personal Prevention Record in the center of this Health Guide.

IF UNDERAGE 25: If ever sexually active, you should have a Chlamydia Test, at the time of your Pap.

CHLAMYDIA TEST

Chlamydia is a sexually transmitted disease caused by the organism Chlamydia Trachomatis. This infection is the most common sexually transmitted disease in the United States. Although some people have no symptoms, others may experience a burning during urination, discharge from the vagina or penis, and/or rectal discharge or pain.

UNDER AGE 25: If ever sexually active you should have the test at the time of your Pap.

OVER AGE 25: Discuss with your doctor whether this is needed.

ADDITIONAL PREVENTIVE CARE

Below is a list of additional types of preventive care that you may need, and the personal, family and medical characteristics that may make them important for you.

WITH YOUR DOCTOR

Review this list with your doctor and decide what additional preventive care you need. Keep track of this additional preventive care using the Personal Prevention Record in the center of this Health Guide.

Sigmoidoscopy, Colon Cancer Screen, and Stool Blood Tests – If you are 50 years of age or older, or if you have had colon polyps, family members with colon cancer or have had breast, ovarian or uterine cancer yourself.

Hearing Test – If you in the past or currently have a history of noise exposure.

Skin Exam – If you have a lot of sun exposure or if there is a history of skin cancer in your family.

Mouth Examination – If now or in the past you have consumed a lot of alcohol or have smoked or chewed tobacco.

AIDS (HIV) Test – If you have had a blood transfusion between 1978 and 1985, have injected illegal drugs, have had multiple sexual partners or have had any sexually transmitted disease.

Syphilis or Gonorrhea Tests – If you have had multiple sexual partners or any sexually transmitted diseases.

Tuberculosis Test – If you have injected illegal drugs, have been an alcoholic or a health care worker, have been exposed to someone with tuberculosis, have recently moved from Asia, Africa, Central or South America, or the Pacific Islands, or if you have kidney failure or HIV infection.

Glucose Test – If you have had a family member with diabetes, have had diabetes during pregnancy or are overweight.

Thyroid Examination – If you have had radiation treatments of your upper body.

ADDITIONAL PREVENTIVE CARE

Eye Examination – If you are over age 60 (40 for African Americans), or have diabetes (at any age) an eye examination is recommended annually. If you wear glasses or contacts, it is recommended every 2 years. If you have glaucoma, you should have your eye pressure checked every year.

Aspirin Therapy – If you are 40 years of age or older, particularly if you have diabetes, high blood pressure, high cholesterol, early heart disease in your family, or if you smoke.

Prostate Cancer – Data is inconclusive about benefits of screening and early diagnosis, but the PSA blood test and/or rectal examination may be of benefit. Talk to your doctor about whether prostate cancer screening would be useful for you.

SMOKING

Don't smoke. This includes pipe smoking, chewing tobacco and snuff. If you smoke, quit. It is the best thing you can do to stay healthy. Ask your doctor to help you pick a date to quit and for advice on how to keep from starting again. If you fail the first time, don't give up. Keep trying and learn from your experience. You can succeed and live a healthier, longer life.

FOR YOU

I have smoked _____ packs of cigarettes each day for _____ years.

WITH YOUR DOCTOR

Three reasons to quit smoking are:

1. _____
2. _____
3. _____

I will quit smoking on:

When I want a cigarette, I will do these things instead:

1. _____
2. _____
3. _____
4. _____

PHYSICAL ACTIVITY

Regular physical activity will help you feel better and maintain a healthy weight. It will also help you control your blood pressure and cholesterol, and strengthen your heart, bones and muscles. Even brisk walks of 30 minutes 3 times per week can improve your health. Pick activities that you enjoy, that fit into your daily routine, and that you can do with a friend. You may find it helpful to keep a record of your physical activity.

FOR YOU

Ways that I now get regular physical activity are:

1. _____
2. _____
3. _____

WITH YOUR DOCTOR

Ways that I can get more regular physical activity are:

1. _____
2. _____
3. _____

NUTRITION

Eating the right foods will help you live a longer, healthier life. Many illnesses such as diabetes, heart disease, and high blood pressure can be prevented or controlled through a healthy diet. It is never too late to start eating right. Follow the simple guidelines below.

DIETARY GUIDELINES FOR AMERICANS

- Eat a variety of foods.
- Maintain a healthy weight.
- Choose a diet low in fat, saturated (animal and dairy) fat and cholesterol.
- Choose a diet with plenty of vegetables, fruits, legumes (nuts, beans, etc.) and grain products.
- Use sugars only in moderation.
- Use salt only in moderation
- If you drink alcoholic beverages, do so only in moderation (no more than 1 drink daily for women and 2 drinks daily for men).
- Folic Acid has been shown to prevent birth defects called "neural tube" defects (Anencephaly, Meningomyelocele). If you could get pregnant, take at least 0.4mg Folate daily. If you are trying to get pregnant, it is usually recommended to take 1mg Folate or a prenatal vitamin containing 1mg of Folate daily.

SAFETY

Many serious injuries can be prevented by following basic safety rules.

- Always wear seat belts while in a car.
- Never drive after drinking alcohol.
- Always wear a safety helmet while riding a motorcycle or bicycle.
- Always wear appropriate safety equipment while taking part in activities where injuries may occur.
- Use smoke detectors in your home. Change the batteries every _ year and check to see that they work every month.
- Keep the temperature of your hot water less than 120° F. This is especially important if there are children or older adults living in your home.
- Prevent falls by older adults. Repair slippery or uneven walking surfaces, improve poor lighting and install secure railings on all stairways. Keep traffic areas clear of obstruction. Remove throw rugs.
- Keeping a gun in your home can be dangerous. If you do, make sure that the gun and the ammunition are locked up separately.
- Be alert for hazards in your workplace and follow all safety rules.

AIDS

AIDS (Acquired Immunodeficiency Syndrome) is a fatal disease that breaks down the body's ability to fight infection and illness. AIDS is caused by a virus (HIV). By preventing HIV infection, you can prevent AIDS. Many different kinds of people have AIDS - male and female, married and single, rich and poor. There is currently no cure for AIDS and no vaccine to prevent HIV infection.

HOW DO YOU GET HIV?

Most people with HIV became infected by having sex with an infected partner. Many others acquired it when they shared needles to take drugs. You are also at a higher risk if you had a blood transfusion between 1978 and 1985, have injected illegal drugs, have had multiple sexual partners or any male homosexual activity.

You cannot get infected with HIV from shaking hands with someone who has it, from working with someone who has it or from volunteering to help people with AIDS.

HOW TO REDUCE YOUR RISK OF GETTING HIV

You can reduce your risk of getting HIV by not having sex, by having sex with only one, mutually faithful, uninfected partner or by using a latex condom correctly every time you have sex.

You can reduce your risk of getting HIV by not shooting drugs or sharing needles and syringes.

FAMILY PLANNING

The birth of a child is a joyful event. However, it is best to have children when you are prepared to take care of them. If you are a sexually active man or woman and not ready to have a child, you should use a reliable method of contraception. Some of the different methods of contraception and their effectiveness in typical use over one year are listed below. Talk with your doctor or other health care professional about the best method of contraception for you.

METHODS OF CONTRACEPTION

Reversible Methods

- Medications — birth control pills (97% effective), hormone implants (over 99%), and hormone injections (over 99%)
- Intrauterine Devices (IUDS) - 97%
- Barrier Methods — condoms (88%), diaphragms (82%), cervical caps (82%), and vaginal sponges (72%-82%)
- Natural Family Planning Methods - (80%) (Rhythm or ovulation tests)
- Spermicides (alone) - foams and suppositories (79%)

Permanent Methods

- Sterilization - vasectomy (over 99%) and tubal ligation (over 99%)

Emergency Contraception (Morning after pill)

This is not recommended as a first time method of contraception but when another method has failed, there are 2 types of emergency oral contraception available. Both should be used within 72 hours of unprotected intercourse, so it is important to call your doctor as soon as possible. Many of our doctors have arranged to have prescriptions for these methods available after hours for women who meet the indications. One of the methods (Plan B) may be available over the counter in the future, but not at the time this manual was produced.

ALCOHOL AND DRUG USE

- Don't use illegal (street) drugs of any kind, at any time.
- Use prescription drugs only as directed by a doctor. Use non prescription drugs only as instructed on the label.
- If you drink alcohol, do so only in moderation - no more than 1 drink daily for women and 2 drinks daily for men.
- Do not drink alcohol at all if you are pregnant or may be in the near future.
- Do not drink alcohol before or while driving a motor vehicle.
- If you have a problem with alcohol or drugs, see your doctor or other health professional.

Read the questions below. A "Yes" answer to any of these questions may be a warning sign that you have a drinking problem.

- Have you ever felt that you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hang-over?

DEPRESSION

We all feel “down” or “blue” at times. However, if these feelings are very strong or last for a long time, they may be due to a medical illness — depression.

This illness can be treated, but it is often not recognized by patients and doctors. Some of the warning signs of depression are listed below. If you have four or more of these warning signs, you should be sure to talk with your doctor, or other health care professional about depression.

WARNING SIGNS OF DEPRESSION

Answer these questions - If the answer is “Yes” to one or both of these questions, please see your doctor immediately.

1. Over the past two weeks, have you ever felt down, depressed, or hopeless?
2. Over the past two weeks, have you felt little interest or pleasure in doing things.

FOR MORE INFORMATION

If you would like to learn more about how to stay healthy and prevent disease, you should talk with your doctor or the local health department. You may also obtain information by calling the telephone numbers listed below, most of which are toll-free.

AGING

Council on Aging

National: (800) 424-9046 • Local: 909-891-3900

AIDS

CDC AIDS Hotline

National: (800) 342-AIDS • 1-800-499-2437 (Inland Empire)

ALCOHOL AND DRUG ABUSE

Clearinghouse for Alcohol and Drug Information

National: (800) 729-6686 • (800) 821-4357 • Local: 909-421-9465

CANCER

Cancer Information Service – (800) 4-CANCER • 951-683-6415

CHILD ABUSE

Child Abuse Hotline

National: (800) 422-4453 • Local: 909-384-9233

DOMESTIC VIOLENCE

National Domestic Violence Hotline: (800) 799-7233

ELDER ABUSE

Adult Protective Services: (909) 891-9019

FOOD AND DRUG SAFETY

Food and Drug Administration, Office of Consumer Affairs
(301) 827-4420

HEART, LUNG AND BLOOD DISEASES

National Heart, Lung and Blood Institute, Education Prog. Ctr.
(301) 951-3260 • 909-884-5864

MATERNAL AND CHILD HEALTH

National Maternal and Child Health Clearinghouse
(703) 821-8955, ext. 254 • (800) 722-3777

MENTAL HEALTH

National Mental Health Association
(800) 969-6642

OCCUPATIONAL SAFETY AND HEALTH

National Institute for Occupational Safety and Health
(800) 356-4674

PATIENT EDUCATION

Beaver Medical Group – 909-335-4131

PHYSICAL ACTIVITY AND FITNESS

Aerobic and Fitness Foundation – (800) 233-4886

POISON CONTROL

1-800-876-4766 EMERGENCY ONLY

SAFETY AND INJURY PREVENTION

Consumer Product Safety Commission (800) 638-CPSC

National Highway Traffic Safety Administration, Auto Safety
Hotline – (800) 424-9393

SEXUALLY TRANSMITTED DISEASES

CDC STD Hotline – National: (800) 227-8922 • 909-383-3080

NOTES

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You can also do your part to help put prevention into practice by following the health advice in this Personal Health Guide. Take charge of your health and live a longer and happier life!

Ask your personal physician about “Put Prevention Into Practice,” a program of the American Academy of Family Physicians in cooperation with the Office of Disease Prevention and Health Promotion, Department of Health and Human Services.

Good Health is a State of Well-Being

You have the ability to achieve your own good health through behavior and lifestyle changes. Your doctor will guide you and the Patient Education Department has classes to assist you in making these changes.

Diabetic Group Classes



Learn the basics of diet control. You will receive a customized eating plan as well as general diabetes information. You will also be instructed in hyperglycemia and hypoglycemia, complications of diabetes, insulin administration, and self blood glucose monitoring.

Prenatal Classes



This class provides information pertaining to fetal growth and development, minor discomforts of pregnancy, and breastfeeding. Included is a section on family bonding.

Life-Style Class



If you are in need of weight control and are tired of all those fad diets, then this class led by Margaret Heath, M.S., R.D., is for you. You will be given a personalized diet plan along with instruction regarding nutrition, exercise and behavior change. A series of 12 topics are presented over a 3 month period of time. Private patients are welcome for a fee of \$75.00.

Cholesterol Class



Is your cholesterol too high? In this class you will receive dietary information that will help you learn how to lower those important numbers.

Total Wellness Consultation



Receive an individual assessment of your body composition (% body fat), and a personalized nutrition and exercise prescription with Dr. Medina. Follow-ups can be scheduled to monitor your progress.

Asthma



This class is presented for both children and adults. Instructions is given in asthma management skills as well as how asthma can be controlled and treated preventively. During the course of the classes you will learn to:

- Understand what triggers your asthma
- Maintain near normal pulmonary function
- Use asthma medications wisely
- Prevent troublesome asthma symptoms
- Learn how to live an active lifestyle

Quit Smoking



Educational, supportive tips on how to stop smoking. Stresses the use of nicotine gum and nicotine patches. You will also

Stress Management



Help to identify sources of stress in your life and work. Learn how to recognize symptoms of stress and how you can change your attitude toward life while having a little fun.