

Four Steps to Help Maintain Your Health

Just like building a tractor, maintaining your health begins with good blueprints and a solid foundation. Consider these four proactive steps to help take care of your health.

<p>Document your family health history</p>	<p>Your genes play a major role in your health. If heart disease or some types of cancer run in your family, you may have a higher risk of being diagnosed yourself. Knowing what to watch for can help you identify symptoms early. Your family history may also prompt your healthcare provider to order screening tests sooner than standard recommendations.</p> <ul style="list-style-type: none"> • Write down what you already know about your family members, including where and when they were born, if they had health issues as a child, if they ever had surgery and the reason for it, and how old they were when they died. • Ask your parents, siblings, aunts, uncles, cousins, and grandparents to help you fill in any blanks. • Look for patterns and discuss them with your provider. He or she might recommend further screening if your family health history puts you at risk for certain diseases. Or your provider may suggest lifestyle changes to reduce your risks.
<p>Schedule a yearly exam with your medical, dental, and vision providers</p>	<p>Preventive care does not just apply to medical issues. Schedule an annual check-up with your dentist and eye doctor as well.</p>
<p>Know your numbers</p>	<p>During your annual medical check-up, your provider should check your blood pressure, blood sugar level, body mass index (BMI), and cholesterol levels. Knowing each of these important numbers helps identify potential health risks. By making small lifestyle changes, you can reduce your risks and improve your wellbeing.</p>
<p>Perform regular self-exams</p>	<p>Nobody knows your body as well as you do. As you age, you may develop new freckles or bumps on your skin. Your tooth might become sensitive, or you might notice potential hearing loss. These are all normal signs of aging, but it's important to take note of them. Examine your body monthly. See any new spots? Feel any new bumps or lumps? If something seems new or unusual, tell your healthcare provider.</p>

Source: WebMD (webmd.com)

Total health