

For Everyone Over Age 40
The Yearly Complete Physical
"An Ounce of Prevention"

Many individuals have asked me what to expect from a complete physical exam. The exam will vary based on your age and sex and your individual case.

A Complete Physical Exam for Someone over 40 Includes:

- Review of your past health and present condition
- Questions about risk factors for heart disease (cholesterol, smoking, high blood pressure, diabetes, obesity, lack of exercise, or stress) etc.
- Family history for diseases that occur more often in relatives (breast cancer, high blood pressure, colon cancer, etc.)
- Questions about alcohol, tobacco, caffeine, etc.
- Symptoms suggesting serious disease such as blood in the bowel movements, pressure in the chest, etc.
- Blood pressure, EKG, other vitals
- Yearly pelvic, pap, and breast exam for women
- Yearly rectal exam for men and women over 40
- Test for blood in bowel movements (colo cares, colonoscopy, kidney, thyroid, liver, glucose, CBC, cholesterol, lytes)
- Cholesterol level, complete blood count, medical profile, urinalysis
- Mammogram (how often is determined by age and risk factors)
- Men age 40 and over - PSA (Prostate Cancer Test)
- Women - Post-menopausal - Bone Density Test for Osteoporosis
- Immunizations
- Health Recommendations (i.e. Exercise, Weight, Eye & Dental, Seat Belt) A personal "Fitness Prescription", including nutrition, diet, and exercise recommendations
- AND MORE!

Most adults should see their physician for a Comprehensive Physical Exam once a year.