

Dear

Welcome to my practice. My hope is that we form a partnership to keep you as healthy as possible, no matter what your current state of health. I will share my medical expertise with you and in turn I hope you'll take responsibility for working toward the healthy lifestyle that is so important to your well-being. Few of us, myself included, have a completely healthy lifestyle, but each day we can take a step closer towards better health.

Here are some important steps you can take towards better health:

- Don't smoke cigarettes or use other tobacco products.
- Drink alcohol in moderation, if at all. Never drive when you've been drinking.
- Eat a diet low in fat and high in fruits and vegetables.
- Exercise at least three times a week.
- Wear your seat belt whenever you're in a car.
- Learn about ways to deal with stress and tension.
- Maintain ties with your family, neighbors, co-workers or your religious community.

Everyone who joins our practice should start by having a complete physical exam followed by periodic check-ups to test for a few specific diseases, included those listed in the Preventive Care Recommendations on the next page.

I look forward to working with you as your family doctor. Let's work together to help you live a healthy and happy life.

Sincerely,

Dr.

AvMed Health Plans

2012-2013 Adult Preventive Care Recommendations*

	19-29 Years	30-39 Years	40-49 Years	50-64 Years	65+ Years
Health Maintenance Visit					
Including initial/interval history; age appropriate physical exam; preventive screenings and health counseling; assessment and administration of appropriate immunizations.	Annually for ages 19 – 21 years. Every 1 - 3 years, depending on risk factors for ages 22 – 29.	Every 1 or 2 years, depending on risk factors.			
Cancer Screenings					
Breast Cancer (women)	Clinical breast exam at least once every three years and self-exam instruction for ages 20-39. Discuss the benefits and limitations of breast self exam. Mammography and MRI for patients at high risk (greater than 20% lifetime risk) or with family history.	Annual clinical breast exam and self-exam instruction. Discuss the benefits and limitations of breast self exam. Begin annual mammography at age 40.	Annual clinical breast exam and self-exam instruction. Discuss the benefits and limitations of breast self exam. Annual mammography.	Annual clinical breast exam and self-exam instruction. Annual mammography for as long as woman is in good health; physician/patient discretion.	
Cervical Cancer (women)	Pap test and pelvic exam should be performed for women ages 21-39 every 3 years. For women ages 30-65 screen with a pap test alone every 3 years or screen with a pap test plus HPV DNA test every 5 years.				Stop screening unless serious cervical pre-cancer or cancer in the last twenty years.
Colorectal Cancer	Not routine except for patients at high risk or positive family history.		Begin screening at age 50 using one of the following: Annually: fecal occult blood test (FOBT), or fecal immunochemical test (FIT), or stool DNA test (interval uncertain) Every 5 years: double contrast barium enema (DCBE), flexible sigmoidoscopy, CT colonography. Every 10 years: Colonoscopy Screening after age 75 at physician/patient discretion.		
Glaucoma	At least once between ages 20 – 29. Every 3 –5 years if at risk or of African descent.	At least twice between ages 30-39. Every 2-4 years if at risk or of African descent.	Every 2 –4 years between ages 40-64.	Every 1 –2 years, for ages 65 and older.	