

From the Parish Nurse

When was the last time you had a medical checkup?

Routinely, you should evaluate your risks factors for various conditions, screenings for cancer, and other diseases. You should assess your lifestyle habits that help you stay healthy. How often should you go to your doctor? If you are under 50, go once every 3 years if you are in good health. Over 50, go once a year to see your provider on a regular basis. If you have a chronic disease see your health care provider more often. Have you been having your regular checkups and keeping up on your health? We all have the responsibility of taking care of ourselves and our loved ones. Finding potentially life threatening issues early, increases positive outcomes. Regular monitoring of existing health issues lowers the risk of worsening symptoms. Stay up to date on screenings and vaccinations.

It is good to keep a relationship with your health care provider to know what is going on with your body. Keep your body in check: do you ever wonder how come you have been gaining or losing weight. Your weight could have changed, you need your blood pressure, heart rate, oxygen level checked. It is good to have these monitored over time. Having your vital signs monitored is a good system of checks and balances for your body. According to the National Institute of Health 3040 % of people report having occasional symptoms of insomnia. While you might think that a poor night means an extra cup of coffee, chronic sleep disorders can actually increase the longterm risk of hypertension, depression, and diabetes. A doctor's visit can help identify possible underlying causes of your restlessness, weight gain or loss.

Many people we know have had a bad experience with hospitals or doctors and avoid any contact. Not every healthcare provider will be right for you but you owe it to yourself to find the right one. Get a second opinion, if you are not getting the answers you need, ask questions, get tests done early. A regular checkup should include medical history, family history, medication list, and allergies, vaccinations, blood pressure check, body mass index, alcohol and drug misuse, depression, and time to ask questions. Make notes of what you want to ask your health care provider. If you need to see a specialist, it might depend on your insurance if you need a referral. Take an advocate along any of your appointments. They often hear something we have missed.

When we have health questions and concerns, it can be easy to go to the internet for answers. But there is some information on the internet that is not trustworthy. Go to the doctor's for health protection and prevention. Simple blood tests, complex blood follow up, vaccines, mammograms, colonoscopy, x-rays, can all be checked. Being on top of things can add years to your life. Open and honest communication between and your healthcare provider is very important.

United Lutheran is Blessed in having many members over 90. Don't forget to get some exercise which can benefit our body and minds. Get your checkup, eat healthy, exercise, get enough sleep, keep your mind and body active.

God Bless. If you want a nurse visit, or have questions, please contact Charlotte Spencer.

John 3: 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

If you would like a visit, blood pressure checked or information please contact Charlotte Spencer.

I have been asked about starting a walking group . Let me know if you are interested. Am looking at late mornings or early afternoon twice a week???????? Charlotte Spencer