

Prevention and Wellness



ORLANDO HEALTH®

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As your healthcare needs change, Orlando Health is there for you every step of the way. You can rely on our network of primary care doctors and specialists to provide care and advice to help you stay healthy, so you can focus on doing the things you love — whether that means keeping up with a rambunctious toddler or being active throughout retirement. We believe that maintaining a healthy lifestyle is the key to living a longer, healthier life. Identifying health concerns at an early stage and avoiding illnesses and disease with preventive care is key.

The Benefits of Preventive Care

Preventive care is crucial in avoiding or providing early diagnosis in identifying and treating serious illnesses and life-threatening diseases. Proactive changes you make in your daily life, along with health screenings, routine physicals, regular checkups, immunizations, and prevention and wellness programs, can help you achieve your personal wellness goals and greatly improve your overall health and well-being. During a preventive care visit, your physician can help you determine the kind of preventive care that is right for you. This can be based on many factors, such as your current health status, age, gender, personal and family health history and other factors.

Heart Health and Heart Disease Prevention

Did you know that some form of heart disease affects nearly seven out of every 10 Americans? Not surprisingly, it is the leading cause of death in the United States for both men and women. In fact, heart disease accounts for one in every four deaths in our country each year. Common risks for developing heart disease include smoking, high blood pressure, elevated cholesterol levels, diabetes and lack of physical activity. Fortunately, you can reduce these risk factors and help prevent heart disease by taking better care of your overall health, making healthy choices and addressing any medical conditions related to the health of your heart. Cardiovascular diagnostic tests and procedures provide valuable insights about your heart health and can determine whether or not you have cardiovascular disease, the type of disease, the severity and the most effective treatment methods available. Physicians at Orlando Health use sophisticated technologies to provide comprehensive details about the structure and function of the heart and blood vessels. We provide a variety of invasive and noninvasive cardiac testing to meet most of our patients' needs.



Cancer Prevention

Cancer, in all its forms, is the number two cause of death in the U.S. — right after heart disease. The good news is, decades of research has proven that people who take action by living healthier lives and making smarter lifestyle choices can greatly reduce their odds of getting some common cancers, including lung, colon/rectal, breast, prostate and skin cancers. Eating a balanced diet rich in fruits, vegetables, fiber and healthy fats such as omega 3s may lower the risk of colon/rectal, breast and prostate cancers. Lung cancer is the number one cause of cancer deaths in the U.S., and 85–90 percent of lung cancers are related to tobacco use. Stopping smoking can lower that risk by up to 50 percent and may also improve the effectiveness of cancer treatment. One in five Americans will develop skin cancer during their lifetime and one in 33 will develop melanoma, the most dangerous form of skin cancer. Frequency of sunburns is particularly related to an increased risk of melanoma. Wearing sunscreen, protective clothing and avoiding midday sun exposure can help dramatically reduce your risk of getting melanoma and other forms of skin cancer. Getting annual checkups and screenings at Orlando Health can be an effective way to help prevent your risk of getting cancer during your lifetime.

Exercise and Physical Activity

Participating in regular exercise and physical activity can greatly benefit your overall health and well-being. It can help you reach and maintain your ideal weight and has been shown to aid many of the body's systems in functioning more effectively, while greatly reducing your risk of heart disease, diabetes and a host of other diseases. Other benefits of regular exercise and increased physical activity can include helping to keep your thinking, learning and judgment skills sharp as you age. It can also reduce your risk of depression and may even help you sleep better. Best of all, your size, shape or age do not matter — everyone can reap the benefits of leading a more active life. Your Orlando Health physician can help you choose the exercise and physical activities that are right for you.

Diet and Nutrition

Healthy eating and proper nutrition are essential to preventing and managing many common health problems, such as heart disease, high blood pressure, type 2 diabetes, obesity and even some forms of cancer. Adding more fresh fruits, vegetables and whole grains to your diet, and cutting back on foods that have excess fat, salt and sugar, will help you get the right balance of vitamins, minerals and other important nutrients to help you live a healthier life. Healthier eating also includes learning about balance, variety and moderation. Making these kinds of choices in what you eat can also increase your energy, enable you to better handle stress, help you feel your best and give you a better outlook on life.

The American Heart Association, American Diabetes Association, American Institute for Cancer Research and others recommend and endorse these habits. Your Orlando Health physician can help you make better diet and nutrition choices and practice healthier eating for a lifetime of better health.



Obesity Treatment and Weight Management

According to The Centers for Disease Control and Prevention, more than one-third of adults and over 17 percent of all children and adolescents in the U.S. are obese — triple the rate from one generation ago. Obesity is linked to an increase in heart disease, stroke, type 2 diabetes and certain types of cancer — which just so happen to be some of the leading causes of preventable deaths in the U.S. each year. Environmental, societal, physiological and psychological factors can contribute to weight gain. Successful weight-loss treatments include setting goals and making healthy lifestyle changes, such as eating fewer calories and being physically active. Medicines and weight-loss surgery are also options for some people if lifestyle changes are not enough. Orlando Health offers obesity treatment and weight management solutions that can help you make healthier choices, initiate healthy lifestyle changes and set realistic, long-term goals to help you reach and maintain your ideal weight.

Preventive Care Screenings

Preventing and detecting diseases and other chronic illnesses with annual health screenings is essential to ensuring your ongoing wellness and preventive healthcare. These regular health exams and tests can help identify potential life-threatening health problems long before they start. They also can help your doctor plan a proactive course of action, when your chances for treatment and cure are greater, should tests reveal you have a disease or other illness. By getting the right annual screenings, you are taking steps that may help you live a longer, healthier life. At Orlando Health, we offer a variety of comprehensive preventive health screenings for all aspects of adult and pediatric medicine, including acute and chronic illnesses. We specialize in preventive, diagnostic and treatment services offered across the complete spectrum of healthcare. In addition, our expert teams are experienced and specially trained to solve complex diagnosis problems and to treat a variety of uncommon illnesses.

Recommended Health Screenings for Women

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-54	Ages 65 and Older
General Health				
Annual checkup	Discuss with your doctor or nurse if you have any health concerns			
Thyroid-stimulating hormone (TSH) test	Discuss with your doctor or nurse; recommended at any age if clinically applicable			
Heart Health				
Blood pressure test	Yearly			
Lipid disorders / Cholesterol test	Start at age 20 if you smoke, are overweight/obese, have diabetes, hypertension or familial hypercholesterolemia, or if heart disease runs in your family	Regularly starting at age 45 Discuss with your doctor or nurse		
Bone Health				
Osteoporosis / Bone density test	Yearly if prior compression fracture/hip fracture, smoker, alcohol abuse, long-term steroid therapy (>4 weeks), premature menopause, chronic liver disease, inflammatory bowel disease, malabsorption disorders		Yearly	
Diabetes				
Blood sugar test	Every three years starting at age 45, or anyone with average sustained blood pressure >135/80 or with risk factors: overweight, enlarged waist circumference, vitamin D deficiency, family history, African-American/Hispanic/Native American/Asian-American, polycystic syndrome, gestational diabetes, elevated cholesterol or triglycerides			
Breast Health				
Mammogram (X-ray of breast)	Baseline mammogram at age 35, discuss with your doctor or nurse	Start at age 40 if family history, BRCA1/2 mutation in family or personally, early onset of menstruation (before age 12), inactivity, overweight, late pregnancy (after age 30) or no pregnancy, prior radiation treatment for another condition, alcohol abuse. Otherwise, start at age 50, yearly.		
Skin Health				
Mole exam	Monthly mole self exam, by a doctor every three years starting at age 20	Monthly mole self exam, by a doctor every year		
Reproductive Health				
Pap test and pelvic exam	Begin cytology (pap test) after becoming sexually active; then yearly, ages 21-65 (can discuss going to every three years after three consecutive negative pap tests)			

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-54	Ages 65 and Older
Sexually transmitted disease (STD) tests	One-time screening if sexually active with history of high-risk behavior (unprotected sex, multiple partners) to include syphilis, gonorrhea, chlamydia, hepatitis B/C, HIV			
Colorectal Health				
Fecal occult blood test			Yearly	
Flexible sigmoidoscopy (with fecal occult blood test is preferred)			Every five years (if not having a colonoscopy)	
Double contrast barium enema (DCBE)			Every five to 10 years (if not having a colonoscopy or sigmoidoscopy)	
Colonoscopy			Every 10 years (with a family history of colorectal cancer you may need to be screened earlier)	
Rectal exam	Discuss with your doctor or nurse			
Eye and Ear Health				
Eye exam	Get your eyes checked if you have problems or visual changes	Every two to four years		
Hearing test	Starting at age 18, yearly physical exam for bedside finger rub test and whisper testing for screening purposes			
Mental Health				
Mental health screening	If you have felt "down," sad or hopeless, and have little interest or pleasure in doing things for two weeks straight, talk to your doctor about whether he or she can screen you for depression			
Oral Health				
Dental exam	One to two times every year			
Immunizations				
Influenza vaccine	Yearly, recommended to discuss contraindications and indications for high dose with your doctor			
Human papilloma virus (HPV) vaccine	Should be administered between the ages of 11 and 26			
Pneumococcal vaccine	Adults 19-64 with various risk facts; discuss with your doctor or nurse			One time only
Tetanus-diphtheria booster vaccine	Every 10 years			

Recommended Health Screenings for Men

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-54	Ages 65 and Older
General Health				
Annual checkup	Discuss with your doctor or nurse if you have any health concerns			
Heart Health				
Blood pressure test	Yearly			
Lipid disorders / Cholesterol test	Start at age 20 if you smoke, are overweight/obese, have diabetes, hypertension or familial hypercholesterolemia, or if heart disease runs in your family. Regularly starting at age 35 Discuss with your doctor or nurse			
Diabetes				
Blood sugar test	Every three years starting at age 45, or anyone with average sustained blood pressure >135/80 or with risk factors: overweight, enlarged waist circumference, vitamin D deficiency, family history, African-American/Hispanic/Native American/Asian-American, gestational diabetes, elevated cholesterol or triglycerides			
Cancer Screenings				
Prostate-Specific Antigen Test	Men in high-risk groups or with strong family history – consult your doctor regarding earlier testing		Annually for men over 50; should discuss risks and benefits	
Testicular Self-Exam	Monthly			
Mole Self-Exam	Monthly			
Reproductive Health				
Sexually transmitted disease (STD) tests	One-time screening if sexually active with history of high-risk behavior (unprotected sex, multiple partners) to include syphilis, gonorrhea, chlamydia, hepatitis B/C, HIV			
Colorectal Health				
Digital rectal exam	Discuss with your doctor or nurse if clinically indicated			
Fecal occult blood test			Yearly	
Flexible sigmoidoscopy (with fecal occult blood test is preferred)			Every five years (if not having a colonoscopy)	
Double contrast barium enema (DCBE)			Every five to 10 years	
Colonoscopy			Every 10 years (with a family history of colorectal cancer you may need to be screened earlier)	
Eye and Ear Health				
Eye exam	Every one to two years			
Hearing test	Starting at age 18, yearly physical exam for bedside finger rub test and whisper testing for screening purposes			

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-54	Ages 65 and Older
Mental Health				
Mental health screening	If you have felt "down," sad or hopeless, and have little interest or pleasure in doing things for two weeks straight, talk to your doctor about whether he or she can screen you for depression			
Oral Health				
Dental exam	One to two times every year			
Immunizations				
Influenza vaccine	Yearly, recommended to discuss contraindications and indications for high dose with your doctor			
Human papilloma virus (HPV) vaccine	Should be administered between the ages of 11 and 26			
Pneumococcal vaccine	Adults 19-64 with various risk facts; discuss with your doctor or nurse			One time only
Tetanus-diphtheria booster vaccine	Every 10 years			

These are general health guidelines. You should consider your family history and discuss appropriate screenings and testing schedules with your physician.

If you have questions or concerns about your health, the only way to be sure about your overall well-being is to contact us today to get screened. Our knowledgeable and experienced physicians are here to help.

Make an appointment with an Orlando Health physician by calling (321) 841-3724.

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