

WELLNESS WEDNESDAY

SCHEDULE YOUR CHECKUPS

***“Health is the greatest possession. Contentment is the greatest treasure.
Confidence is the greatest friend.”***

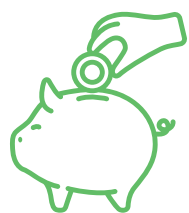
— Lao Tzu

Health is a precious gift, but it’s easy to take it for granted when life gets in the way. And let’s be honest, most of us have at least one doctor visit horror story that results in us avoiding medical visits like the plague—unless we have the actual plague. Even then it can be tempting to say, “no thanks” and go on suffering. Instead, it’s time to say, “no more!” to putting your health on the backburner. This month, focus on your health and wellness and schedule your checkups.

Here are three reasons why scheduling your checkups this month should be on the top of your priority list:



Prevent — When it comes to staying on top of your health, prevention is the name of the game! The quicker you nip potential health issues in the bud, or at the very least—catch them early—the more options are available to treat the problem. Don’t hold back, make sure your doctor knows anything and everything about previous and current ailments. The tiniest detail may be the missing puzzle piece for a greater issue.



Save money — Putting a Band-Aid on a problem is only a temporary fix. Ignoring a cavity doesn’t make it go away. In fact, if you wait too long, you run the risk of requiring a far pricier (and more painful) procedure, such as a root canal or even a dental implant. Spare yourself the extra expense by getting a full workup now—it’ll save you in the long run.



Establish a baseline — Committing to routine care and establishing relationships with healthcare providers is an easy way to keep an eye out for future health problems. Getting routine bloodwork, documenting your medical and family history, and maintaining a list of current medications establishes a baseline for future visits. This makes variations in your health easier to track and mitigates the agonies of starting from scratch when you need to be well on your way.



If you live in a climate where the rays of sunshine are as plentiful as they are harsh, like California or Florida, make sure to ask your doctor about a mole check.

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