

Seeing your doctor and getting health care doesn't have to be scary or unpleasant. A healthy lifestyle that includes exercise and eating right can promote good health.

Getting regular check-ups is as important for you as changing the oil in your car. You don't have to be sick to see your doctor.

MAKE AN APPOINTMENT TODAY.

Both you and your family will be glad you did.

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STAY healthy AND SAFE



DID YOU KNOW?

People who live in rural areas are less likely to seek health care than people who live in the city or the suburbs. This is especially true of preventive health care.

WHAT IS PREVENTIVE HEALTH CARE?

It is health care that spots risks to your health before they become a problem, and when they can be more easily treated.

WHY IS PREVENTIVE CARE HELPFUL?

There are benefits to preventive health care. We all want to live as long and feel as good as we can. Preventive care can help with this.

Here are some examples of preventive care:

- ▲ Shots can prevent the flu and many other diseases.
- ▲ Getting your blood pressure/cholesterol checked and treated if necessary can prevent heart attacks and strokes.
- ▲ Seeing the dentist regularly can keep your teeth in good shape for life.
- ▲ Pap smears, mammograms, colonoscopies, PSA tests and other screening tests can find cancer early when it is treatable.
- ▲ Get your blood sugar level checked to find out if you are one of the 5.2 million Americans who have diabetes and do not know it.

ASK YOURSELF...

- ▲ Does your home have working smoke detectors on all floors?
- ▲ Does your home have a carbon monoxide detector?
- ▲ Does your home have a fire extinguisher?
- ▲ Have you had your home checked for lead exposure?
- ▲ Is your hot water heater set at or below 120°?
- ▲ Are the guns and ammunition in your home locked-up and safe?
- ▲ Is there adequate fluoride in your water? Go to <http://www.epa.gov/safewater/dwinfo.htm> for more information.
- ▲ If you have children, have you taken steps to make your home safe for kids? Use this site to learn how to childproof your home: <http://www.cpsc.gov/cpscpub/pubs/grand/12steps/12steps.html>.



SAFETY TIPS:

Did you know that accidents are the leading cause of death for Americans under the age of 45?

- ▲ Parents, be sure to supervise your children on recreational motor vehicles.
- ▲ Always wear a seatbelt when you are driving or riding in a vehicle.
- ▲ Always wear life jackets when on the water. Parents, be sure to pay close attention to your children when they play in or around water.
- ▲ Always keep your firearms and ammunition in a locked area and maintain and use them properly. Do not put yourself and others in danger.
- ▲ Make sure that your child is old enough and skilled enough to safely perform household or farm chores.
- ▲ Be sure to wear sunscreen when you go outside.
- ▲ Learn rescue breathing, CPR, and basic first aid. You could save a life someday!



Always wear a helmet when riding a bicycle, four-wheeling, or riding a horse.



KEY prevention QUESTIONS

- ▲ Do you drink more than 1-2 servings of alcoholic beverages a day?
- ▲ Have you recently experienced chest pain, shortness of breath, or a change in vision?
- ▲ Have you recently had any of the following: frequent to excessive drinking and urinating, extreme weight loss, increased fatigue?
- ▲ How about muscle cramps, irritability, altered school/work performance, headaches, anxiety attacks, abdominal pain or discomfort?

If you answered YES to any of these questions you should make an appointment to see your doctor.

- ▲ Do you regularly get physical exams?
- ▲ Do you have blood pressure, blood sugar, and blood cholesterol checked regularly?
- ▲ Do you know when you received your last tetanus shot?
- ▲ Have you been to see the dentist in the past six months?
- ▲ Do you get your flu shot each year?
- ▲ Do you have your stool checked for blood once a year? (after age 50)

Women:

- ▲ Do you have regular gynecological exams with a breast exam and pap smear?
- ▲ Do you know how to perform a breast self-exam?
- ▲ Do you have regular Mammograms every one to two years? (after age 40)

Men:

- ▲ Do you know how to perform a testicular self-exam?
- ▲ Have you talked to your doctor about a prostate-specific antigen (PSA) test? (after age 45)

If you answered NO to any of these questions you should make an appointment to see your doctor.

WORDS TO LIVE BY:

- ▲ If you smoke, dip, or chew tobacco, you are putting yourself and your loved ones in grave danger.
- ▲ Your diet is more important to your health than you may think. Cutting back on fatty foods and maintaining a balanced diet can add years to your life!
- ▲ **Stay active!** Any kind of exercise that raises your heart rate can help keep you healthy.
- ▲ Do you feel sad or depressed? Use this tool to learn if this is something you should discuss with your doctor: www.depression-screening.org.



If You Have Children...

- ▲ Keep a record of the immunizations your child has received. If you do not know what immunizations your child has been given, call your doctor. Together you can make sure that your child is protected. For more information, go to www.immunizationinfo.org.
- ▲ Know the signs of child abuse and bullying.

Talk to other parents, your child's teachers, and doctors to make sure that your child is safe when you are not around.