

THE POWER OF AN HOUR

KANIKSU COMMUNITY HEALTH

One hour. Once a year can save your life. Have you scheduled your annual checkup?

WHAT IS AN ANNUAL EXAM?

Picture this: an annual check-up where your body takes center stage and the spotlight is on your health. Your primary care provider will give your body the ultimate health check. They check your eyes, ears, nose, and throat for any hiccups and listen to your heart and lungs for the right rhythm so see if anything appears to be out of whack. They might ask you to do some exercises to test your reflexes and make sure things are running smoothly. The goal is to look for irregularities so they can catch problems before they become major issues. So, sit back, relax, and let your provider do the detective work while they measure your height, weight, blood pressure and more.

WHAT CAN I EXPECT AT MY ANNUAL EXAM

Your provider is out to prevent any surprises, so they'll start by getting to know you, or staying on top of new developments. They'll dive into your current health status, medical history, and even inquire about your current lifestyle choices.

Next up, the classic measurements! The provider will check out your height, weight, and vital signs, like blood pressure, heart rate, respiration rate, and temperature. Then, they'll give your body systems a thorough once-over. Think ears, nose, throat, neck, abs, nervous system, skin, and extremities!

But wait, there's more! Your provider will also conduct some basic screening tests, based on your age, gender, and clinical guidelines. Ladies, think breast and pelvic exams, including Pap smear. Gents, get ready for testicular, hernia, and prostate exams.

Your provider can also provide any needed immunizations to keep you in tip-top shape. You might also need some routine lab tests, like a complete blood count, chemistry panel, or urinalysis.

Finally, your provider will give you some tips on how to keep up a healthy lifestyle. Whether it's tips on eating right, quitting smoking, managing stress, or fighting obesity, they'll have you covered. If they find any potential health risks, they might recommend extra screenings or tests. But don't worry, we're here to keep you in top form!
Got any pesky symptoms or health concerns? Don't hold back, ask away! Need some inspiration?
Here are a few questions to get you started:

- What's causing this weirdness in my body?
- What's the treatment plan to fight back?
- Will the prescribed medicationss have side effects?
- How do I know if I'm on the road to recovery?
- So, when's my next check up?



Have questions?

Call 208.263.7101
kchnorthidaho.org



THE BENEFITS OF AN ANNUAL EXAM

Regardless of your age or stage of life, annual physical exams play a critical role in maintaining your well-being. Regularly visiting your primary care provider for preventive care is key in identifying and treating health problems early before they worsen. These visits also enable you to monitor your progress towards your health objectives. Here are five reasons why annual exams are essential, in addition to screening and immunization resources that can help you learn how to maintain a healthy lifestyle.

Early Detection of Health Issues
One of the primary benefits of an annual physical exam is the opportunity to catch health issues early. Regular check-ups can help detect conditions like high blood pressure, diabetes, and high cholesterol before they become more severe. Physical health screenings vary depending on gender, age, and health history. These include type 2 diabetes, cervical cancer, breast cancer, prostate cancer, colorectal cancer, high cholesterol, and osteoporosis. It's important to note that not all health screenings are necessary for everyone.

Individualized Health Needs
Your healthcare provider can help you determine which screenings are appropriate for you based on your individual health needs. Women should begin getting regular cervical cancer screenings at age 21, while men should begin discussing prostate cancer screenings with their doctor at age 50. Individuals with a family history of certain conditions may need to begin screenings earlier or more frequently than others.

Mental Health Concerns
An important aspect of an annual exam is the opportunity to discuss any concerns or questions you may have with your Provider. This includes mental health concerns, which are just as important as physical health. Your Provider can provide resources for managing stress, anxiety, and depression, and can refer you to a mental health specialist if necessary.

Medical History
Annual Exams also provide an opportunity for your provider to review your medical history and ensure that your personal health information is up to date. This information can be critical in an emergency situation, so it's crucial to keep it current.

Immunizations & Screenings
Finally, your annual exam is a chance to ensure that you are up to date on important vaccinations and screenings. Your Provider can offer guidance on which screenings and immunizations are recommended based on your age and gender, and can assist you in scheduling any necessary appointments.



In conclusion, annual physical exams are a crucial part of maintaining your health and well-being. By staying up to date on preventive care and working closely with your provider, you can lead a healthier, happier life.

This is the power of an hour!

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