

PREVENTIVE MEASURES

The best medicine is preventive medicine

KANIKSU COMMUNITY HEALTH

It's true - preventive care is the most important step you can take to manage your health. A comprehensive preventive care program can significantly reduce your chances for serious illness and other health conditions.

Adults need screenings, dental check-ups, and annual physicals to review any changes that have occurred over the last year and identify risk factors that could lead to future health problems.

PREVENTION IS BETTER THAN CURE

Most health insurance plans will cover preventive care costs completely even if you haven't hit your deductible, making it a much more attractive option than dishing out thousands of dollars for treatments. These appointments should occur once a year unless your physician says otherwise.

WAYS TO PRACTICE PREVENTIVE CARE

So, now that you know how important preventive care is, how can you practice it? Here are some of the things you should be doing to maintain your health and prevent future problems.

Annual Physical Exam

This is where your provider will check things like blood pressure, heart rate, height, weight, cholesterol, and glucose levels. If you're a woman, you should be getting an additional annual exam with your gynecologist who will perform a pap smear and breast examination to screen for any potential health concerns.

Annual Wellness Exam

Is covered by Medicare and your opportunity to sit down with your physician and go over your medical history, set goals for your health and discuss disease management. During this exam there is no physical or lab work done, unless you schedule it before time.

Well Child Check

These appointments will help protect children against a wide range of diseases and infections, as well as monitor and evaluate their young bodies as they grow and develop.

PHYSICAL HEALTH SCREENINGS

In addition to an annual physical, annual wellness exam, or well child check, there are numerous physical health screenings, depending on your gender, age, and health history that are recommended.

Types of Physical Health Screenings - All Available at KCH

- Type 2 Diabetes
- Cervical Cancer
- Breast Cancer
- Prostate Cancer
- Colorectal Cancer
- High Cholesterol
- Osteoporosis
- Behavioral health

Have questions?

Call 208.263.7101
kchnorthidaho.org

Weight Management

Being overweight is one of the biggest risk factors for diabetes, heart disease, and even certain kinds of cancer. That's why weight management is essential for preventive care. This includes regular exercise and eating healthy to lose excess weight and to keep that weight off.

Behavioral Health Screenings

When people think of health care, oftentimes mental health is an afterthought. But unfortunately, depression and other mental health problems can lead to one of the leading causes of death in the United States: suicide.
Additionally, mental health problems can lead to substance abuse disorder, which often results in overdoses. Also, mental health can negatively affect our activity levels, eating habits, and stress levels which leads to a wide range of other health complications.

That's why mental health screenings for things like depression are so important and can help people focus on resolving those issues before they cause problems in other areas of their lives.



Vaccines

Vaccines are perhaps the most popular type of preventive care because they're easy and extremely effective. Some of the vaccines you should be getting include:

- Hepatitis A
- Tetanus
- Shingles
- Pneumonia
- Flu
- COVID

YOUR WELLBEING STARTS WITH YOU, BUT WHEN IT COMES TO MAINTAINING OR IMPROVING YOUR HEALTH, CHOOSE US, YOUR PARTNER IN HEALTHCARE.

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