

## What You Need to Know

*Education is an important part of your preventive care plan. Knowing what behaviors to avoid in order to maintain your health is easy - just ask your physician.*

**Advance Directives:** Advanced Directives and "living wills" are documents that allow you to specify your wishes for health care treatment in the event you later become unable to participate in decision-making about your care. You are encouraged to complete advanced directives for your medical care and discuss your preferences with your family and with your physician. Standard forms are generally available from your physician's office, hospital, or attorney.

**Alcohol and Drug Abuse:** Do not use recreational or street drugs of any kind, at any time. Drink alcohol in moderation, no more than 1-2 drinks per day, if at all. Never drive after drinking alcohol.

**Calcium:** All adults should include a minimum of 1,000 mg/day of calcium in their diet. Postmenopausal women and patients with chronic illnesses should include 1,500 mg/day of calcium and 400-800 IU of Vitamin D to promote absorption of calcium.

**Depression:** We all feel "down" or "blue" at times. However, if these feelings are very strong or last for a long time, they may be due to a medical illness—depression. This illness can be treated, but is often not recognized by patients and health care providers. Some of the warning signs of depression are listed below. If you have four or more of these warning signs, be sure to talk to your provider about depression.

### *Warning Signs of Depression:*

- Feeling sad, hopeless or guilty most of the time
- Loss of interest and pleasure in daily activities
- Sleep problems (either too much or too little)
- Fatigue, low energy, or feeling "slowed down"
- Problems making decisions or thinking clearly
- Crying a lot
- Changes in appetite or weight (up or down)
- Thoughts of suicide or death

**Dietary Habits:** Try to maintain a healthy diet, including 5 servings of fresh fruits and vegetables each day. Try to minimize your saturated fat intake by limiting your intake of red meat and fatty foods. Use reduced fat dairy products when possible. Your diet should also be moderate in sugars, salt, and sodium. Eating a healthy diet may help you keep your blood cholesterol levels and your weight within normal ranges, which in turn may minimize your risk of heart disease, diabetes and hypertension.

**Estrogen Replacement:** The decision to begin hormone treatment will depend on your personal medical history, your symptoms, and your risks of bone loss and cardiovascular disease. Please discuss hormone replacement options with your physician.

**Helmets:** We strongly encourage both children and adults to use helmets when operating bicycles or motorcycles, as well as roller blading, skateboarding or skiing. Many closed-head injuries, leaving permanent brain damage, are easily prevented through the use of helmets.



**Oral Health Care:** Good oral health care is important for your teeth and general health. With proper care, your teeth will last you for life.

- Visit your dentist every 6-12 months for check-ups
- Brush after meals with a soft or medium bristled toothbrush, using a toothpaste with fluoride
- Use dental floss daily
- Limit the amount of sweets you eat, especially between meals
- Do not smoke or use tobacco products

**Physical Activity:** Physical inactivity is considered one of the risk factors for coronary heart disease. Lack of activity can lead to obesity, which may also contribute to the development of adult diabetes and high blood pressure. Moderate physical activity has many health benefits, which include improvement in your cardiovascular fitness, helping you maintain a healthy weight and reducing stress. As part of your healthy life-style, participation in moderate aerobic activity is recommended for 20-30 minutes, from three to four times a week. (If you are over the age of 40, please consult your physician before beginning an exercise program.)



## Prevent Falls by Older Adults:

- Repair slippery or uneven walking surfaces
- Rugs and carpet should be well secured to the floor
- Improve poor lighting and use nightlights
- Keep walkways free of clutter, cords and wires
- Install secure railings on all stairways
- Wear supportive rubber-soled or low-heeled shoes
- Maintain regular exercise to improve muscle strength and tone
- Alcohol, sedatives and pain medication may all increase the risk of falls
- Use caution in getting up too quickly. Dizziness when first standing is sometimes a sign of low blood pressure or may be a side-effect of prescription medication. If you experience this, notify your physician.
- Be alert for hazards in your work place and follow all safety rules

**Safe Sexual Practices:** To minimize your risk of sexually transmitted diseases, know your partner's sexual history. Further limit your risk of exposure by limiting your number of sexual partners. The use of latex condoms may protect against sexually transmitted diseases. Avoid high risk sexual activities such as anal sex. If you think you may be at risk, or if you think you have been exposed to a sexually transmitted disease, contact your physician for testing and treatment options.

**Safety:** Many serious injuries can be prevented by following basic safety rules.

- Use smoke detectors in your home. Change the batteries every year and check to see that they work every month
- If you choose to keep a gun in your home, make sure that the gun and the ammunition are locked up separately and are out of children's reach
- Keep the temperature of hot water less than 120 degrees Fahrenheit. This is especially important if there are children or older adults living in your home.
- Locate poisons in a safe place, out of the reach of children
- Home pools should be gated and secure

**Seatbelt Use:** Always wear your seatbelt when driving or riding in an automobile. Encourage all passengers in the car to "buckle-up."

**Sunscreen Use:** To minimize your risk of skin cancer, you must limit your exposure to the sun and harmful ultraviolet rays. Avoid spending time in the sun, especially during the hours of 10 a.m. and 4 p.m., and protect yourself by covering exposed skin and wearing sunscreens with at least a 30 SPF rating and UVA and UVB protection. Also, do periodic self-examinations for any skin changes. Be alert for any changes in the number, size, shape, and color of pigmented areas. If any changes are noted, report these to your physician.

**Tobacco Use:** We strongly advise against tobacco use because of the many adverse effects on your health. If you currently use tobacco products, try to quit. Never smoke near bedding or upholstery. There are many new approaches to help you stop using tobacco. ADC has a smoking cessation program; ask your physician which is best for you.



For more information about The Austin Diagnostic Clinic, our physicians or services, please visit our website at [ADClinic.com](http://ADClinic.com)

## Are you up to date with the following adult preventive care recommendations?\*

The United States Preventative Services Task Force (USPSTF) & Advisory Committee on Immunization Practices (ACIP) recommends the following screenings and immunizations throughout your lifetime.

**\* Recommendations are for healthy adults with no additional risk factors**

The screenings and immunizations listed below are the *minimum* recommended by the USPSTF. Your doctor may make additional recommendations based on your personal/family medical history.

### Ages 18-40 years

#### Immunizations:

- Diphtheria Pertussis Tetanus booster
- MMR (unless received as a child)

#### Women:

- Starting at age 21 Pap smear every 1-3 years (With Chlamydia screen for sexually active females under 25 years)
- HPV vaccine series for women 26 years or less

#### Men:

- Cholesterol check (35 years +)

### Ages 40-50 years

#### Immunizations:

- Diphtheria Pertussis Tetanus booster
- MMR (unless received earlier)

#### Women\*\*:

- Pap smear every 1-3 years
- Cholesterol check

#### Men:

- 45 years +: Start Aspirin daily (talk with your doctor first)
- Cholesterol check

### Ages 50-65 years

#### Immunizations:

- Diphtheria Pertussis Tetanus booster
- Annual Flu vaccine
- Shingles vaccine (one dose for people 60 years and older)

#### Women\*\*:

- Pap smear every 1-3 years (until age 65 years unless risk factors are present)
- Mammograms start at age 50 years & repeat every other year
- 55 years +: Start Aspirin daily (talk with your doctor first)

#### Men:

- 45 years +: Start Aspirin daily (talk with your doctor first)

#### Men and Women:

- Cholesterol Check
- Colorectal screening (frequency depends on mode of testing)

### Ages 65+ years

#### Immunizations:

- Diphtheria Tetanus booster
- Annual flu vaccine
- Pneumococcal vaccine
- Shingles vaccine (if not received earlier)

#### Women\*\*:

- Mammogram every other year until 75 years of age
- Bone density testing

#### Men and Women:

- Cholesterol Check
- Colorectal screening (frequency depends on mode of testing – screen until 75 years of age)

### Additional Immunizations

If you are in one of the categories below your doctor may also recommend the following immunizations.

#### Smokers

- Pneumovax

#### Asthma

- Pneumovax
- Influenza

#### Pregnant

- Influenza

#### Diabetes, Chronic Heart Disease and Chronic Lung Disease

- Pneumovax
- Influenza
- Shingles

*\*\*American College of Obstetrics and Gynecology (ACOG) and the American College of Radiology (ACR) recommend that women in their 40s continue mammography screening every one to two years and women age 50 or older continue annual screening.*

## The Austin Diagnostic Clinic Primary Care Locations

### ADC Main Clinic

12221 MoPac Expressway North  
Internal Medicine • 512/901.4009

### ADC Circle C

5701 W. Slaughter Ln.

Family Practice • 512/460.3429  
Pediatrics • 512/460.3404

### ADC Cedar Bend

2400 Cedar Bend Dr.

Family Practice • 512/901.4026  
Pediatrics • 512/901.4016

### ADC Round Rock

1499B Old Settlers Blvd. (FM 3406)

Family Practice • 512/901.4033

### ADC Westlake

1250 S. Capital of TX Hwy., Bldg 3

Internal Medicine • 512/334-2400

### EasyCare

2400 Cedar Bend Dr. • 512/901.4031  
5701 W. Slaughter Ln. • 512/460.3400

Same-day, walk-in appointments for adults, adolescents and children 8 years and older.

### Pediatric EasyCare

2400 Cedar Bend Dr. • 512/901.4031  
5701 W. Slaughter Ln. • 512/460.3400

After-hours and weekend care for babies, children and teens 2 months to 18 years

### Important Numbers

ADC 24 Hour Line - 512/901.1111  
Poison Control - 800.764.7661  
Emergency/EMS - "911"

# Preventive Care for Adults



**The Austin Diagnostic Clinic**  
Let Our Family Care for Your Family