

# Good Health Physicians, LLC

Affordable, Quality and Compassionate Care

## PREVENTATIVES

### **What is a PAP-Smear?**

PAP smear is a screening procedure for cervical cancer. This procedure tests for the presence of precancerous or cancerous cells on the cervix. During the procedure, cells from your cervix are gently scraped away and then examined for abnormal growth. Most women should start getting regular PAP-smears at 21-65 years of age, or before if sexually active.

### **What is a mammogram?**

A mammogram is an x-ray picture of the breast. Mammograms use very low levels of x-rays, which are a type of radiation. The recommended age for breast cancer screening is 40-75 for all females.

### **What is Blood Pressure?**

Blood pressure is how hard your blood pushes against the walls of your arteries when your heart pumps blood. Arteries are the tubes that carry blood away from your heart. Every time, your heart beats, it compares your blood pressure to the following numbers:

- Normal blood pressure is lower than 120/80 (said “120 over 80”)
- High blood pressure is 140/90 or higher.
- Blood pressure that’s between normal and high (for example, 135-85) is called prehypertension, or high normal blood pressure.

### **What is Diabetes?**

Diabetes means you have glucose (sugar) levels in your blood that are higher than usual. Your body depends on glucose for energy. When you eat, most of the food turns into glucose. Your blood carries the glucose to other parts of your body.

#### **Prediabetes?**

If you have prediabetes, the glucose levels in your blood are higher than usual - but not high enough to mean you have type 2 diabetes. Prediabetes increases your risk of developing type 2 diabetes and other serious health problems, like heart disease and stroke.

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## **What is Colorectal Cancer?**

Colorectal cancer starts in the inner lining of the colon and/or rectum, slowly growing through some or all of its layers. It typically starts as a growth of tissue called a polyp. A particular type of polyp, called an adenoma, can then develop into cancer. If you are age 50-75, get tested regularly for colorectal cancer. A special test, called screening, can help prevent colorectal cancer or find it early, when it's easier to treat.

## **What is Cholesterol?**

Cholesterol is a waxy, fat-like substance that's found in all the cells in your body. Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest food. Your body makes all the cholesterol it needs. Cholesterol is also found in food from animal sources, such as egg yolks, meat, and cheese.

## **What is Prostate Cancer?**

The prostate is the gland below a man's bladder that produces fluid for semen. Prostate cancer is common among older men. It is rare in men younger than 40. Risk factors for developing prostate cancer include being over 65 years of age, family history and being African-American. Also, the recommended age is 50-75 for prostate cancer screening.

## **What is the Flu Shot?**

The seasonal flu shot protects against the three or four influenza viruses that research indicates will be most common during the season. Everyone 6 months of age and older should get the flu vaccine every season. Side effects from a flu shot may include, soreness, redness, or swelling where the shot was given, fever (low grade), and aches.

## **What is Osteoporosis?**

Osteoporosis is a bone disease that occurs when the body loses too much, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing and minor bumps. Normally, in the early stages of Osteoporosis, there are no symptoms. However, once the bones have weakened by Osteoporosis, common symptoms might include, back pain caused by fractured or collapsed vertebrae, lost of height overtime, a stooped posture, and a bone fracture that occurs much more easily than expected.