

what is a wellness check at the doctor

What is a Wellness Check at the Doctor? Your Guide to Preventive Healthcare

Feeling a little under the weather? Or maybe you're just feeling...fine? Either way, you might be wondering about those "wellness checks" your doctor keeps mentioning. Are they really necessary? What even is a wellness check at the doctor? This comprehensive guide will demystify the process, explaining what to expect, why they're crucial for your health, and how to make the most of your appointment. We'll cover everything from what's typically included to how often you should schedule one, ensuring you have all the information you need to prioritize your well-being.

What is a Wellness Check, Exactly?

A wellness check, also known as an annual physical or preventive care visit, is a proactive approach to healthcare. Unlike visiting the doctor when you're sick (reactive care), a wellness check focuses on preventing illness and identifying potential health problems before they become serious. It's about maintaining your overall health and well-being, catching issues early, and making informed decisions about your future health. Think of it as a tune-up for your body, ensuring everything is running smoothly.

What Happens During a Typical Wellness Check?

The specifics of your wellness check will vary depending on your age, gender, health history, and your doctor's approach. However, most wellness checks will include some combination of the following:

1. A Comprehensive Medical History Review:

Your doctor will discuss your current health status, any recent illnesses or injuries, your family medical history (crucial for identifying potential genetic predispositions), and your lifestyle choices (diet, exercise, smoking, alcohol consumption, etc.). This information provides a crucial baseline for assessing your overall health.

2. A Physical Examination:

This typically involves measuring your height, weight, and blood pressure. Your doctor will also listen to your heart and lungs, check your reflexes, and examine your skin for any abnormalities. The level of physical examination will depend on your age and health concerns.

3. Laboratory Tests:

Depending on your age and risk factors, your doctor might recommend blood tests to check your

cholesterol levels, blood sugar, thyroid function, and complete blood count (CBC). Urine tests may also be conducted. These tests can detect underlying conditions early, even before you experience any symptoms.

4. Vaccinations:

Wellness checks are an excellent opportunity to stay up-to-date on your vaccinations. Your doctor will review your vaccination history and recommend any necessary shots, such as the flu vaccine or pneumonia vaccine, depending on your age and health status.

5. Mental Health Screening:

Increasingly, wellness checks include a basic mental health screening. This might involve questions about your mood, stress levels, sleep quality, and overall well-being. Early identification of mental health concerns is vital for effective treatment.

6. Personalized Health Advice and Recommendations:

Based on the information gathered during your visit, your doctor will provide personalized advice on improving your health and well-being. This might include recommendations for diet, exercise, stress management, and other lifestyle changes. They might also discuss preventative measures for specific health risks identified during the check-up.

Why are Wellness Checks Important?

The benefits of regular wellness checks extend far beyond simply feeling better. They are crucial for:

Early Disease Detection: Many diseases, like high blood pressure, high cholesterol, and certain types of cancer, can develop silently without noticeable symptoms. Regular checks can detect these conditions early, allowing for timely treatment and improving the chances of a positive outcome.

Preventive Care: Wellness checks allow for proactive interventions to prevent future health problems. Your doctor can provide guidance on lifestyle modifications to reduce your risk of developing chronic diseases.

Improved Health Outcomes: Studies have shown that individuals who receive regular wellness checks have better health outcomes and live longer, healthier lives. Early detection and intervention are key to managing chronic conditions effectively.

Peace of Mind: Knowing your health status provides valuable peace of mind. Addressing potential concerns early can reduce anxiety and stress associated with uncertainty about your health.

Personalized Healthcare Plan: A wellness check helps you and your doctor develop a personalized healthcare plan tailored to your specific needs and risk factors.

How Often Should You Have a Wellness Check?

The recommended frequency of wellness checks varies depending on your age and overall health. Generally, adults should have a wellness check at least once a year, while older adults might require more frequent visits. Your doctor can provide specific recommendations based on your individual circumstances.

Making the Most of Your Wellness Check

To get the most out of your wellness check, come prepared. Bring a list of your medications, a record of any recent illnesses or injuries, and a list of questions you have for your doctor. Don't hesitate to discuss any concerns you have, no matter how small they may seem. Open communication is essential for effective healthcare.

Conclusion

A wellness check at the doctor is an investment in your health and well-being. It's a proactive approach that prioritizes prevention and early detection, ultimately leading to better health outcomes and a longer, healthier life. Don't delay – schedule your wellness check today and take charge of your health!

FAQs

1. Are wellness checks covered by insurance? Most health insurance plans cover at least a portion of the cost of annual wellness checks. However, it's always best to check with your specific insurance provider to understand your coverage.
1. What if I don't have a primary care physician? Finding a primary care physician is crucial for receiving regular wellness checks and managing your overall health. Your insurance provider or local health department can assist you in finding a doctor.
1. Can I bring a friend or family member to my wellness check? Absolutely! Having someone with you can provide support and help you remember important information discussed during your appointment.
1. What should I do if I have concerns between wellness checks? Don't hesitate to contact your doctor's office if you experience any new or concerning symptoms between your scheduled wellness checks.

1. Is there an age limit for wellness checks? Wellness checks are recommended for people of all ages, although the frequency and content may vary depending on individual needs. It's important to maintain regular check-ups throughout your life.

what is a wellness check at the doctor: Plants First Katie Takayasu, 2021-11-09 Have you heard that a plant-forward lifestyle is better for you, but you don't know why you should make plant-based foods a bigger part of your diet? Or maybe you understand the why, but you've had trouble figuring out how to improve your vegetable intake. In *Plants First*, Dr. Katie Takayasu helps you understand the reasons for prioritizing plant-powered foods to clean up the hormonal cascades that cause cravings and leave you feeling sick and tired. She offers approachable science lessons that explain how a plant-forward diet can correct issues like inflammation and hormonal imbalances to help your body find its healthy weight and experience more restorative sleep. Then Dr. Katie explains how to make small, steady shifts in your lifestyle to calm and refresh your brain and body through her five-day plant-powered health reset, which will help tap into your body's innate wisdom for natural detoxification. She explains how to stock your Kitchen Pharmacy with good foods and supplements for a plant-forward diet, and with her yummy, family-friendly recipes, you will start creating balance on your plate and move along the path to a healthier lifestyle. Sample Recipes Include: • Almond Furikake Crusted Halibut with Roasted Vegetables, Black Rice and Coconut Lime Cream • Ginger Mandarin Almond Cake with Chocolate Ganache • Lavender Antioxidant Dream Milk • Slow Cooker Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • "Menstrual Health" Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

what is a wellness check at the doctor: When Doctors Don't Listen Dr. Leana Wen, Leana S. Wen, 2013-01-15 Discusses how to avoid harmful medical mistakes, offering advice on such topics as working with a busy doctor, communicating the full story of an illness, evaluating test risks, and obtaining a working diagnosis.

what is a wellness check at the doctor: The Art and Science of Physician Wellbeing Laura Weiss Roberts, Mickey Trockel, 2019-05-15 This thoughtful and timely book offers physicians and trainees a wide range of insights and strategies to help ensure not only a healthy lifestyle and sense of wellbeing but the best possible career in medicine as well. With evidence and evidence-informed practices provided by experts, this title affirms the culture of medicine while embracing the fundamental, enduring sense of physicians' calling and affirming the importance of physicians as individuals whose health and wellbeing has intrinsic value and value to others. Organized in three parts, the first part focuses on the nature of the health professions and on advancing a culture of wellbeing in medicine. The second part focuses on threats to physician wellbeing, including mistreatment during training and burnout, to name just a few. The third part outlines approaches to strengthening physician resilience, such as the sustenance drawn from healthy relationships, mindfulness approaches, and optimal approaches to exercise, nutrition and sleep. *The Handbook of Personal Health and Wellbeing for Physicians and Trainees* is an invaluable, handy resource for physicians and trainees. Physician assistants, nurse practitioners, clinical psychologists, and social workers will also find the work of great interest.

what is a wellness check at the doctor: DeGowin's Diagnostic Examination, Ninth Edition Richard LeBlond, Donald Brown, Richard DeGowin, 2008-08-17 The perfect "bridge" book between physical exam textbooks and clinical reference books Covers the essentials of the diagnostic exam procedure and the preparation of the patient record Includes overviews of each

organ/region/system, followed by the definition of key presenting signs and their possible causes. Unrivaled in its comprehensive coverage of differential diagnosis, organized by systems, signs, and syndromes.

what is a wellness check at the doctor: A Doctor's Dozen Catherine Florio Pipas, MD, MPH, 2018-09-04 Burnout affects a third of our population and over half of our health professionals. For the second group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

what is a wellness check at the doctor: Major Labels Kelefa Sanneh, 2021-10-05 One of Oprah Daily's 20 Favorite Books of 2021 • Selected as one of Pitchfork's Best Music Books of the Year "One of the best books of its kind in decades." —The Wall Street Journal An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop. Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In Major Labels, Sanneh distills a career's worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes, and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn't transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, Major Labels pays in full.

what is a wellness check at the doctor: Physician Wellness Steven Cohen, Rebekah Bernard, 2018-07-15 Physician Wellness: The Rock Star Doctor's Guide teaches doctors how to use psychology to improve their medical practice and their lives.

what is a wellness check at the doctor: Food Dr. Mark Hyman, 2018-02-27 #1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided common sense, food-industry lobbying, bad science, and corrupt food policies and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In Food: What the Heck Should I Eat? -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners,

and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

what is a wellness check at the doctor: The Medicare Handbook , 1988

what is a wellness check at the doctor: Before You Call the Doctor Anne Simons, 1993-03-16
Written in understandable language by a family physician and two experienced health writers and organized for easy reference, this is the first comprehensive guide to providing effective at-home health care. Hundreds of illnesses--from the common (allergies and vomiting) to the most serious (ulcers and AIDS) are covered, in addition to other health concerns, first aid, and more.

what is a wellness check at the doctor: Clinic Success: A Doctor's Guide to Starting and Growing Your Practice Dr. Kushal Jain, 2024-10-28 *Clinic Success: A Doctor's Guide to Starting and Growing Your Practice* is an invaluable resource for medical professionals seeking to navigate the path from newly minted physician to successful practice owner. Authored by Dr. Kushal Jain, this comprehensive guide delves into the practical steps of building, managing, and growing a clinical practice in India, with insights into international standards. From choosing the right location and navigating legal regulations to understanding tax policies and implementing efficient operational strategies, this book covers it all. Designed to simplify complex processes, *Clinic Success* offers step-by-step instructions, essential checklists, flowcharts, and detailed tables to guide you at every stage. Learn about the factors that contribute to patient satisfaction, how to market your practice effectively, and ways to manage finances for sustainable growth. Whether you are an MBBS, BAMS, BHMS, MD, MS, BDS, or MDS graduate, or an experienced doctor looking to expand your services, this book provides essential knowledge tailored to meet the unique needs of Indian practitioners. Ideal for doctors who want to make a meaningful impact through their own practice, *Clinic Success* empowers you with knowledge on: Location Selection: Strategies for finding a clinic site with high accessibility, visibility, and patient demand. Leasing vs. Buying: Key insights on property investment and lease negotiation. Financial Management: Budgeting, tax planning, and financial health of your practice. Legal Essentials: A complete overview of zoning laws, licensing, and regulatory requirements. Patient-Centric Approach: Practical ways to build patient trust, manage records, and create a healing environment. Marketing Strategies: Tips on branding, digital presence, and referral management for optimal patient flow. With *Clinic Success: A Doctor's Guide to Starting and Growing Your Practice*, build a solid foundation and thrive in today's competitive healthcare landscape. Whether you aim to create a solo practice or multi-specialty clinic, this book provides actionable insights to help you turn your clinical dreams into reality. Keywords: clinical practice, healthcare management, starting a clinic, medical practice management, Indian healthcare regulations, doctor's business guide, patient satisfaction, location strategy for clinics, lease negotiation, tax planning for doctors, medical practice growth, healthcare branding, patient retention, healthcare entrepreneurship.

what is a wellness check at the doctor: What to Expect: The Second Year Heidi Murkoff, 2012-03-01 The international super-successful *What to Expect* brand has delivered again - announcing the arrival of a brand-new member of family: *What to Expect the Second Year*. This essential sequel to *What to Expect the First Year* picks up the action at baby's first birthday, and takes parents through what can only be called 'the wonder year' - 12 jam-packed (and jam-smeared) months of memorable milestones (from first steps to first words, first scribbles to first friends), lightning-speed learning, endless explorations driven by insatiable curiosity. Not to mention a year of challenges, both for toddlers and the parents who love them, but don't always love their behaviour (picky eating, negativity, separation anxiety, bedtime battles, biting, and tantrums). Comprehensive, reassuring, empathetic, realistic and practical, *What to Expect the Second Year* is filled with

solutions, strategies, and plenty of parental pep talks. It helps parents decode the fascinating, complicated, sometimes maddening, always adorable little person last year's baby has become. From the first birthday to the second, this must-have book covers everything parents need to know in an easy-to-access, topic-by-topic format, with chapters on growth, feeding, sleeping, behaviours of every conceivable kind, discipline (including teaching right from wrong), and keeping a toddler healthy and safe as he or she takes on the world. There's a developmental time line of the second year plus special 'milestone' boxes throughout that help parents keep track of their toddler's development. Thinking of travelling with tot in tow? There's a chapter for that, too.

what is a wellness check at the doctor: Elements of Programming Joseph E. Scherger, M.D., 2015-11-11 Dr. Joseph Scherger's career in family medicine has spanned 40 years. His training also included a Masters in Public Health where he studied nutrition at the University of Washington. He has always included preventive medicine and wellness in his medical practice. He is physically active with running, one of many choices for being in good shape. Until 2013 he followed the nutrition guidelines promoted by leading organizations such as the American Heart Association. In 2013 he expanded his knowledge in nutrition by reading the books of physician leaders such as William Davis and David Perlmutter. One of his partners in practice (and now his personal physician) Hessam Mahdavi introduced him to Functional Medicine, a focus on treating the causes of disease rather than just treating disease with drugs and procedures. Following this new knowledge and approach, Dr. Scherger greatly improved his own health and the health of many of his patients. This book is that story, loaded with information and scientific references that validate this exciting new approach to nutrition and good health. We live in a toxic food environment yet healthy foods are readily available. Dr. Scherger will help you make the choices that will result in your becoming lean and fit.

what is a wellness check at the doctor: What Your Doctor May Not Tell You About(TM): Parkinson's Disease Jill Marjama-Lyons, Mary J. Shomon, 2003-02-01 As well as explaining the mechanisms behind Parkinson's and providing detailed information on its symptoms, diagnosis and conventional treatments, this book includes information on groundbreaking alternative treatments such Dr Perlmutter's glutathione therapy using non-prescription supplements.

what is a wellness check at the doctor: Care Without Coverage Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2002-06-20 Many Americans believe that people who lack health insurance somehow get the care they really need. Care Without Coverage examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

what is a wellness check at the doctor: Lifelines Dr. Leana Wen, 2021-07-27 From medical expert Leana Wen, MD, Lifelines is an insider's account of public health and its crucial role—from opioid addiction to global pandemic—and an inspiring story of her journey from struggling immigrant to being one of Time's 100 Most Influential People. "Public health saved your life today—you just don't know it," is a phrase that Dr. Leana Wen likes to use. You don't know it because good public health is invisible. It becomes visible only in its absence, when it is underfunded and ignored, a bitter truth laid bare as never before by the devastation of COVID-19. Leana Wen—emergency physician, former Baltimore health commissioner, CNN medical analyst, and Washington Post contributing columnist—has lived on the front lines of public health, leading the

fight against the opioid epidemic, outbreaks of infectious disease, maternal and infant mortality, and COVID-19 disinformation. Here, in gripping detail, Wen lays bare the lifesaving work of public health and its innovative approach to social ills, treating gun violence as a contagious disease, for example, and racism as a threat to health. Wen also tells her own uniquely American story: an immigrant from China, she and her family received food stamps and were at times homeless despite her parents working multiple jobs. That child went on to attend college at thirteen, become a Rhodes scholar, and turn to public health as the way to make a difference in the country that had offered her such possibilities. Ultimately, she insists, it is public health that ensures citizens are not robbed of decades of life, and that where children live does not determine whether they live.

what is a wellness check at the doctor: The Doctor Is In Travis Stork M.D., 2010-04-27 Dr. Travis Stork, the New York Times bestselling author of *The Lose Your Belly Diet* and popular host of *The Doctors*, will show you how to transform your own health in seven simple steps. Thanks to his appearances on Dr. Phil and Larry King Live and as host of the hit show *The Doctors*, Travis Stork has become one of the most widely recognized medical experts on television. In *The Doctor Is In*, Stork demystifies the often-intimidating topic of health, emphasizing that being healthy is an important and achievable goal, and he encourages readers to engage in healthy behavior every single day. In his trademark big-brotherly style, Stork breaks down the building blocks to good health and offers easy-to-follow advice for establishing and maintaining overall wellness for readers of every age and fitness level. Stork decodes many nutrition myths, including the effectiveness of eating raw food, whether microwaving food removes nutrients, the benefit of drinking eight glasses of water daily, and much more. In addition, Stork describes simple ways to measure daily progress, providing both motivation and reassurance to readers who decide to make a commitment to healthy living. Packed with interesting facts and eye-opening medical advice, *The Doctor Is In* is a fun-to-read roadmap to health from one of today's most high-profile medical experts.

what is a wellness check at the doctor: Seven Deadly Sins of Organizational Culture L. T. San, 2023-10-25 This book is about the primary symptoms present in a dysfunctional culture that could have devastating outcomes for any organization. The book outlines each of the seven sins in each chapter. Each of the first seven chapters (Chapters 1-7) starts with a famous quote related to each of the sins and then immediately recounts stories ripped from the headlines describing well-known corporate failures but with a personal touch from former employees who experienced those stories from inside the company. (The sources for these stories are all cited in their Bibliographies). The seven sins of organizational culture are linked with seven different corporate scandals that serve as a lesson learned as well as seven stories of organizations that have been successful with each respective organizational attribute as follows: Flawed Mission and Misaligned Values uses WorldCom as the lesson learned and Patagonia as the success case Flawed Incentives uses Wells Fargo as the lesson learned and Bridgeport Financial as the success case Lack of Accountability uses HSBC as the lesson learned and McDonald's as the success case Ineffective Talent Management uses Enron as the lesson learned and Southwest Airlines as the success case Lack of Transparency uses Theranos as the lesson learned and Zappos as the success case Ineffective Risk Management uses the 2008 mortgage industry collapse as the lesson learned and Michael Burry as the success case Ineffective Leadership summarizes all of the foregoing sins as failures of Leadership In each chapter and for each organizational sin, the author offers seven attributes of a healthy culture to counter the cultural dysfunction. The seven healthy attributes for each of the seven sins are all original content. In Chapter 8, the author offers an approach for assessing an organization's culture by providing seven ways to measure the different drivers of organizational culture. The ideas for how to measure corporate culture is original content, with some references to existing frameworks (all cited in the Bibliography), Finally, in Chapter 9, the author offers a step-by-step outline for transforming the culture. The chapter starts with a story about how Korean Air suffered multiple crashes due to their corporate culture but were able to successfully transform their culture. (The source for the Korean Air story is cited in the Bibliography). There are seven appendices, most of which are by the author except for the maturity

of risk management, which references an OECD (government entity) risk management maturity framework.

what is a wellness check at the doctor: Medical Tests Sourcebook, 7th Ed. James Chambers, 2021-12-01 Provides basic consumer health information about endoscopic, imaging, laboratory, and other types of medical testing for disease diagnosis and monitoring, along with guidelines for screening and preventive care testing in children and adults.

what is a wellness check at the doctor: Take Control of Your Cancer Risk John Whyte, MD, MPH, 2021-10-05 Something everyone has the power to do is reduce your cancer risk, and this book will show you just how easy it is to do it. Each year, over a million people in the United States alone hear the words no one ever wants to hear: You have cancer. But what if there was a way for fewer people to hear these words? One of the biggest myths regarding cancer is that it's mostly genetic - meaning that you have no control over whether you get it. While genetics do have an impact, the truth is that your lifestyle and environment play the major role. Physician and Chief Medical Officer of WebMD John Whyte, MD, MPH, shares straightforward information and equips you with strategies to help you on a journey to better health. In *Take Control of Your Cancer Risk*, Dr. Whyte provides helpful tips including: assessing your cancer risk knowing which screenings you need, and when learning the role food, exercise, and sleep play understanding the relationship between stress and cancer *Take Control of Your Cancer Risk* is filled with practical advice that empowers you to really take control of our health.

what is a wellness check at the doctor: Afraid of the Doctor Meghan L. Marsac, Melissa J. Hogan, 2021-07-16 Provides parents with the tools to support children who experience medical trauma *Afraid of the Doctor* is the first book written for parents to equip them with the knowledge and skills to support their children through medical challenges on a day-to-day basis, and specifically with medical trauma—experiences in healthcare that can profoundly affect a child's response and willingness to even go to the doctor. The challenge of medical trauma is often under-recognized and overlooked in the healthcare system, leaving parents to learn about it and manage it on their own. This book helps parents understand medical trauma and learn strategies to reduce and even prevent it, empowering them to better care for their child's emotional and physical health. *Afraid of the Doctor* integrates character stories throughout the book to illustrate the signs and symptoms of medical trauma and the roles parents and caregivers play in supporting their child through medical challenges. Readers will find twelve distinct strategies they can implement to help prevent and reduce medical trauma and otherwise support their child while facing medical interventions or a chronic condition. With compassion and empathy, Meghan Marsac and Melissa Hogan offer parents the tools they need to choose the strategies that will work best for their children and their families.

what is a wellness check at the doctor: Claiming the Doctor's Heart Sean D. Young, 2020-11-30 In this heart-warming romance, set in a charming Southern small town, the love of family and the strength of community come together to remind those who are lost where they truly belong... Dr. Eric Bradley left small-town Clover Creek, Tennessee to follow his dreams. But when his father is hospitalized after a stroke, Eric must fill in as the town doctor. He's more at home in a medical research lab, though, with test tubes and microscopes, not listening to patients brag about their grandkids or ask him where he's been for the last ten years. Without Holly Ransom, the receptionist, to keep things running smoothly, he wouldn't survive. And seeing her every day is an unexpected upside. She's struggling to keep her family bakery afloat while also working full-time at Bradley Medical, and somehow still manages to find a silver lining in every cloud. If only her sweet n' sassy charm were enough to solve all his problems. Eric has only thirty days to return to Atlanta or he'll lose the opportunity of a lifetime. But how can he leave the woman he's falling in love with and his family legacy behind? Each book in the Clover Creek series is STANDALONE: * *Claiming the Doctor's Heart* * *Secrets of the Heart*

what is a wellness check at the doctor: ROAR Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. *ROAR* will help every athlete understand what is happening to

her body and what the best nutritional strategy is to perform at her very best.”—Evie Stevens, Olympian, professional road cyclist, and current women’s UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it’s no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women’s physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

what is a wellness check at the doctor: *Lies My Doctor Told Me Second Edition* Ken Berry, 2019-04-30 “Trust me; I’m a doctor” no longer has the credibility it once did. Nutritional therapy is often overlooked in medical school, and the information provided to physicians is often outdated. Advice to avoid healthy fats and stay out of the sun has been proven to be detrimental to longevity and wreak havoc on your system, and yet many doctors still regularly espouse this “wisdom.” What kind of advice is your doctor giving you? Is it possible you’re being misled? Dr. Ken Berry is here to dispel the myths and misinformation that have been perpetuated by the medical and food industries for decades. This updated and expanded edition of Dr. Berry’s bestseller *Lies My Doctor Told Me* exposes the truth behind all kinds of “lies” told by well-meaning but misinformed medical practitioners. In this book, Dr. Berry will enlighten you about nutrition and life choices, their role in your health, and how to begin an educated conversation with your doctor about finding the right path for you. This book is a survival kit on your journey through the confusing, and often misleading, world of conventional medicine and includes such topics as • How doctors are taught to think about nutrition and other preventative health measures—and how they should be thinking • How the Food Pyramid and MyPlate came into existence and why they should change • The facts about fat intake and heart health • The truth about the effects of whole wheat on the human body • The role of dairy in your diet • The truth about salt—friend or foe? • The dangers and benefits of hormone therapy • New information about inflammation and how it should be viewed by doctors Come out of the darkness and let Ken Berry be your guide to optimal health and harmony!

what is a wellness check at the doctor: *Everyone's Guide to Cancer Therapy* Malin Dollinger, Ernest H. Rosenbaum, Greg Cable, 1991 Provides information on how cancer is diagnosed, treated, and managed day to day.

what is a wellness check at the doctor: *The Doctor's Heart Cure* Al Sears, 2004 'A plan that helps you build a powerful, disease-free heart.'

what is a wellness check at the doctor: *Telemedicine* Institute of Medicine, Committee on Evaluating Clinical Applications of Telemedicine, 1996-10-08 Telemedicine—the use of information and telecommunications technologies to provide and support health care when distance separates the participants—is receiving increasing attention not only in remote areas where health care access is troublesome but also in urban and suburban locations. Yet the benefits and costs of this blend of medicine and digital technologies must be better demonstrated before today's cautious decision-makers invest significant funds in its development. Telemedicine presents a framework for evaluating patient care applications of telemedicine. The book identifies managerial, technical, policy, legal, and human factors that must be taken into account in evaluating a telemedicine program. The committee reviews previous efforts to establish evaluation frameworks and reports on

results from several completed studies of image transmission, consulting from remote locations, and other telemedicine programs. The committee also examines basic elements of an evaluation and considers relevant issues of quality, accessibility, and cost of health care. Telemedicine will be of immediate interest to anyone with interest in the clinical application of telemedicine.

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