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Official Member Newsletter of Citrus Valley Physicians Group

Preventative Care

Citrus Valley Physicians Group believes that getting regular preventive care can keep you healthy and independent. Preventive care can include your yearly physical at your doctor's office and regular screenings and tests to make sure you staying healthy.

Preventive care services can catch problems early, when they're easier and safer to treat. You can take charge of your health by staying current on well-care visits, screenings, and immunizations. Our goal is to help you live a healthier and happier life through preventive care.

Benefits to Flu Vaccination

The best way to protect against flu and its serious complications is with a simple flu vaccine.

- Flu vaccination helps keep people from getting the flu. While there is no 100% guarantee of flu avoidance, vaccines have been shown to reduce the chance of getting the flu by 40-60%.
- Flu vaccination can reduce the severity of illness in people who get vaccinated should they get sick. Studies consistently find that flu vaccination is effective in reducing the risk of medical visits and hospitalizations associated with the flu.
- Flu vaccination is an important preventive tool for people with chronic health conditions. It has also been shown to reduce hospitalizations among people with diabetes and chronic lung disease and lower the risk of heart attack and stroke.
- Flu vaccines are specifically designed to help protect adults 65 years and older.



Annual Wellness Visit

Have you scheduled your Annual Wellness Visit this year (AWV) with your primary care provider (PCP) to create or update a personalized prevention plan? During your visit, your PCP will develop a personalized prevention plan that will help prevent disease or disability. Your visit may include:

- A risk assessment that may include completing a questionnaire about your health status, injury risks, behavioral risks, and other urgent health needs
- Check your height, weight, blood pressure, and other routine measurements
- Review your functional ability and level of safety
- Go over your medical and family history
- Review your current providers and prescriptions
- A screening schedule for appropriate preventative services
- Advance care planning

Your primary care provider may discover and need to investigate or treat a new or existing problem including a cognitive assessment to look for signs of dementia. Signs of cognitive impairment include trouble remembering, learning new things, concentrating, managing finances, and making everyday decisions about your everyday life. Your visit is covered by Medicare Part B and your deductible does not apply. Call your primary care physician to schedule.

Physical Activity is Essential to Healthy Aging- Let's Get Moving!

Did you know, as an older adult, regular physical activity is one of the most important things you can do for your overall health. Regular physical activity can prevent or delay many of the health problems that seem to come with age. Taking part in physical activity also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. But as with anything, you reap what you sow, and your health benefits will also increase with the more physical activity that you do.

According to the CDC, Adults aged 65 and older need:

- At least **150 minutes a week** (for example, 30 minutes a day, 5 days a week) of **moderate intensity activity** such as brisk walking. Or they need 75 minutes a week of **vigorous-intensity activity** such as hiking, jogging, or running.
- At least **2 days a week** of activities that **strengthen muscles**.
- Activities to **improve balance** such as standing on one foot about 3 days a week.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow. Stay Active- Stay Healthy!

Happy Holidays

Happy Holidays to You and Yours!

During this season we wish you Happy and Healthy Holidays.

With Gratitude, Citrus Valley Physicians Group

