

Weight

Put Prevention Into Practice

Name: _____

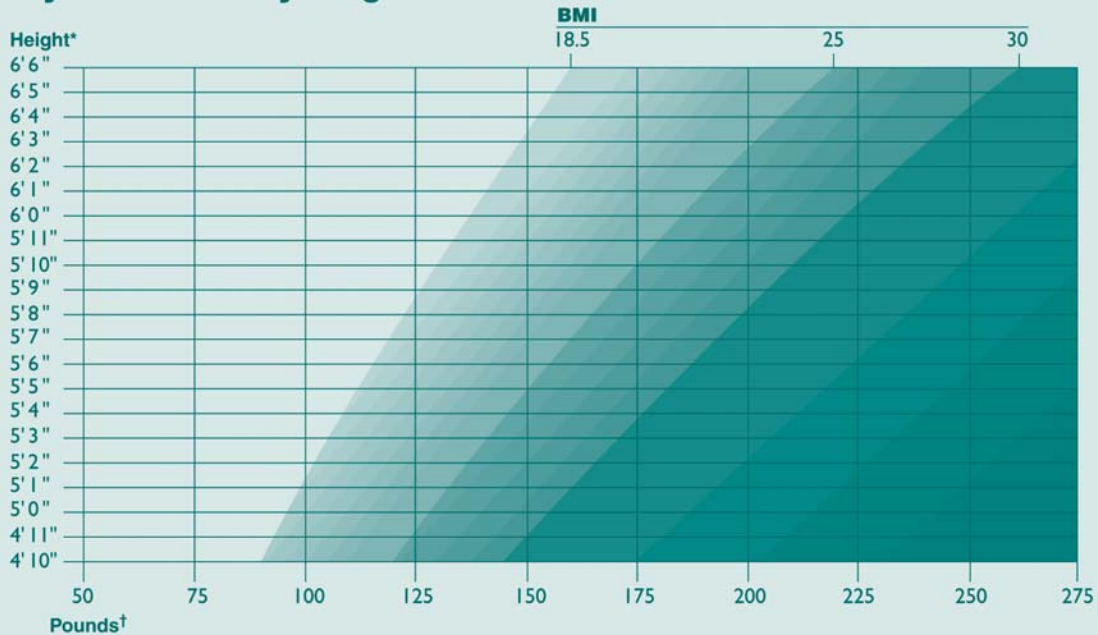
R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ *Date:* _____

- A healthy weight for you is approximately _____ .
- Being overweight can lead to high blood pressure, diabetes, and other serious health problems.
- The best way to control your weight is to limit fat and calories in your diet.
- Eat a variety of foods, especially vegetables, fruits, dry beans such as red beans, whole grains such as corn and barley, and whole-grain breads and cereals.
- Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
- Get at least 30 minutes of exercise most days of the week.
- Keep extra weight off.

Are you at a healthy weight?



■ Healthy Weight ■ Overweight ■ Obesity

* Without shoes. † Without clothes.

The BMI (weight-for-height) ranges shown above for adults. They are not exact ranges of healthy and unhealthy weights. However, they show that health risk increases at higher levels of overweight and obesity. Even within the healthy BMI range, weight gains can carry health risks for adults.

Directions: Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.

- > BMI of 25 defines the upper boundary of healthy weight
- > BMI of higher than 25 to 30 defines overweight
- > BMI of higher than 30 defines obesity

Reprinted from: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans. Washington, D.C., U.S. Departments of Health and Human Services and Agriculture, 2000, page 3.

Blood Pressure

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Your blood pressure should be lower than ____/ ____.
- High blood pressure can lead to heart disease, stroke, and kidney disease.
- Eating healthy foods, losing weight, and being active are ways to keep your blood pressure under control:
 - Losing as little as 5 to 10 pounds can lower your blood pressure.
 - Eat a variety of foods, especially vegetables, fruits, dry beans such as red beans, whole grains such as corn and barley, and whole grain breads and cereals.
 - Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
 - Get at least 30 minutes of exercise most days of the week.
 - Eat less salt. Taste your food before you add salt. Eat fewer fast foods and salty snacks.
- If you take medicine to lower your blood pressure, be sure to talk to your doctor about how to take it. Do not skip any doses of medicine.
- If you drink alcohol, limit the number of alcoholic drinks—no more than one drink a day for women and two drinks a day for men.
- Smoking tobacco increases the risk of heart disease. If you smoke, plan to quit.

Smoking

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Cigarettes and other tobacco products hurt your lungs and your heart and also cause cancer.
- Cigarettes and other tobacco products stain your teeth, cause wrinkles, and make your breath and hair stink!
- Children who live with smokers have more ear infections, asthma, and pneumonia.
- If you smoke, ask yourself when you would like to quit. When you are ready, do the following:
 - Make a plan and set a date to quit. Ask your doctor/clinical setting for help.
 - Tell your friends and family that you are going to quit. Get rid of your cigarettes and ashtrays.
 - Ask your doctor about new medicines that can make it easier to quit smoking.
 - If you fail the first time, don't give up. Try again!

Diabetes

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- You can have diabetes and not know it. You may need a blood test for diabetes if you have a family member with diabetes, are overweight, or have had diabetes during pregnancy.
- Diabetes can lead to problems with your vision, kidneys, and blood circulation, especially to the lower legs and feet.
- You can help prevent diabetes by having a healthy lifestyle:
 - Be physically active (at least 30 minutes of moderate activity) every day of the week.
 - Control your weight. Limit fat and calories in your diet.
 - Eat a healthy diet. Eat fruits, vegetables, dry beans, and whole grains every day.
 - Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).

Tetanus, Diphtheria

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Tetanus (lockjaw) is a serious disease that kills 1 in 4 people who get it.
- Diphtheria is a serious disease that kills 1 in 10 people who catch it.
- Both tetanus and diphtheria can be easily prevented by one injection every 10 years.
- Keep a record of your immunizations and remind your doctor or clinic when you are due for your next booster.
- Your next tetanus-diphtheria (Td) booster will be due in _____.

Pneumonia

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ *Date:* _____

- Pneumonia is a serious disease that can lead to death.
- Everyone needs a pneumonia vaccination at approximately 65 years of age. You may need this shot before age 65 if you have diseases of the lung, heart, or kidney; diabetes; HIV; or cancer.
- One shot provides lifelong protection for most people. If you are at a very high risk for pneumonia, your doctor may recommend repeating the shot after 5 years.

Rubella

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Rubella (German measles) is caused by a virus. If a woman has rubella during a pregnancy, it can cause miscarriage, stillbirth, or severe birth defects.
- Rubella can be prevented with a vaccination (shot).
- A blood test will show if you need to get the vaccination.
- Do not get the vaccination if you are pregnant. Do not get pregnant for 3 months after you receive the vaccination.
- If you are already pregnant and need the vaccination, get it after your baby is born.

Hepatitis B

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Hepatitis B is a serious disease of the liver. It is spread through contact with the blood or body fluids of someone who has Hepatitis B, usually through sex or sharing needles.
- Generally, you should receive Hepatitis B shots if you:
 - have had other sexual partners within the last 6 months or if your partner has had other sexual partners within the last 6 months;
 - are a male and have had sex with another male;
 - have had a sexually transmitted disease (STD) within the last 6 months;
 - have injected illegal drugs;
 - are a health care worker who is often exposed to blood or blood products; or
 - had blood transfusions between 1978 and 1985.
- If you are at risk and decide not to be immunized, decrease your risk by:
 - using a condom with spermicide every time you have sex;
 - never sharing needles; and
 - protecting yourself on the job by wearing gloves, face or eye shields, and a gown every time you expect to come in contact with any bodily fluids.

Colon and Rectal Cancer

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Cancer of the colon and rectum is the second leading cause of cancer death in the United States. If it is found early, it can be treated more easily than if it is found late. Effective tests are available to find cancer of the colon and rectum.
- Starting at 50 years of age, you should be tested for colorectal cancer.
 - Ask your doctor:
 - Should I be tested for colorectal cancer?
 - Which tests or test for colorectal cancer would be best for me?
- Tell your doctor if you have had polyps or if you have family members with cancer of the colon. If so, you may need to be tested more often.
- You may be able to reduce your risk of developing cancer of the colon or rectum if you do the following:
 - Eat a variety of foods, especially vegetables, fruits, dry beans such as red beans, whole grains such as corn and barley, and whole-grain breads and cereals.
 - Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
 - Get at least 30 minutes of physical activity most days of the week.

Revised January 2003.

Mammogram

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Mammograms (breast x-rays) can find a lump in your breast while it is still too small for you, your doctor, or your nurse to feel.
- Most breast cancers are treated more easily when found early.
- Get a mammogram every 1 to 2 years if you are 40 or older.
- Make sure to tell your doctor if your mother or a sister has had breast cancer. If so, you may need to have mammograms more often than other women.
- Your doctor may also examine your breasts.

Pap Smear

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- A Pap smear is a test for cancer of the cervix (opening of the uterus). The Pap smear can find changes in the cells of your cervix before they become cancerous or while the cancer is easier to cure.
- Women need to have a Pap smear every 3 years, some more often.
- Tell your doctor if you have had genital warts, a sexually transmitted disease (STD), multiple sex partners, or abnormal Pap smears. If so, you may need Pap smears more often than other women.
- Your doctor may suggest stopping Pap smears if you are older than age 65 and have had regular, normal Pap smears or if you have had a hysterectomy.
- If your Pap smear results are abnormal, you may need to have the Pap smear done again in a few months. Or you may need other tests, usually done in a doctor's office.
- The cause of an abnormal Pap smear can usually be treated in a doctor's office.

Prostate Cancer

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Prostate cancer is the most common cancer among American men.
- Men who are older than 50 years of age, are African American, or have a brother or father with prostate cancer are more likely than other men to get prostate cancer.
- In some men prostate cancer grows very slowly, and in other men it spreads quickly.
- If you are at risk, talk with your doctor about the risks and benefits of tests such as a rectal exam and prostate-specific antigen (PSA) to find prostate cancer.

Cholesterol

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Most experts recommend checking your cholesterol every 5 years. Your health care provider may suggest you have it checked more often, especially if your cholesterol is too high.
- Get your cholesterol checked every _____ year(s). Your next cholesterol test is due in _____.
- Make changes in your lifestyle to help lower your cholesterol. Doing certain things can help you control your cholesterol:
 - Eat a healthy diet. Eat fruits, vegetables, dry beans, and whole grains every day.
 - Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
 - Get 30 minutes or more of exercise most days of the week.
- You should start having your cholesterol checked if you are a:
 - Man and 35 years old.
 - Woman and 45 years old.
 - Man between the ages of 20 and 35 or a woman between the ages of 20 and 45, and you have other risk factors for heart disease. These risk factors include tobacco use, diabetes, a family history of heart disease or high cholesterol, or high blood pressure.

Tips for Anyone Who Wants a Healthy Heart

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Aspirin can help prevent heart disease in adults who are at increased risk for heart disease. Risk factors for heart disease include age, sex, diabetes, elevated cholesterol levels, low levels of high-density lipoprotein (HDL) cholesterol, elevated blood pressure, family history (in younger adults), and smoking. You and your doctor should discuss your risk for heart disease and the benefits and risks of taking aspirin to help prevent heart disease.
- Control your weight by limiting fat and calories in your diet.
- Eat a variety of high-fiber foods, vegetables, fruits, dry beans such as red beans, whole grains such as corn and barley, and whole-grain breads and cereals.
- Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
- Be more active. You will feel better, and exercise helps you stay at a healthy weight.
- Ask your doctor for diet, exercise, and weight-loss tips.