

# FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+



## Health Assessments

### Introduction

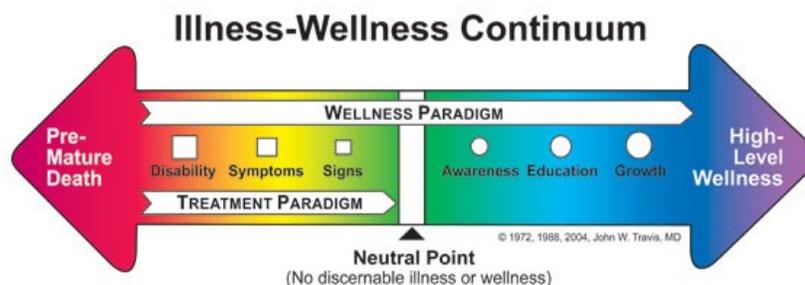
Do you get a physical every two years? Why not? Are you or did you get a colonoscopy at age 50? Why not? When was the last time you had your blood pressure, cholesterol and blood sugar levels checked? Too long ago probably. Why do people shy away from seeing their doctors for medical physicals and health assessments? Too busy, fear of the unknown, they cost too much? People can be very creative when coming up with excuses not to have a health check-up. Unfortunately, they are playing a high risk game when they do. It is only common sense that the best way to maintain your health is early detection if something is not normal. Anyone who is or has been sick will tell you that your health is the best investment you can make.

This newsletter will cover the need for health assessments, when essential tests should be done and what you can do to monitor for ill health.

### Defining Health Assessment

Health assessment / physical is the evaluation of the health status of an individual by performing a physical exam after taking a health history. Its purpose is to detect diseases early in people who may look and feel well.

By completing a health assessment a health care provider can establish where on the health continuum the individual is, and this guides their approach to treat the individual more effectively.



### Did You Know

#### Belly Size beats BMI for Assessing Potential Health Problems

A study by researchers at the Mayo Clinic found that people who have large waist circumferences are more likely to die younger and suffer a host of health-related problems such as heart disease, cancer and respiratory problems, than those with smaller waists.

#### Don't Focus on Your Weight

Research is now focusing on abdominal fat rather than total weight as a major health concern. Abdominal fat is considered dangerous because it gets stored near internal organs and can become "metabolically active" and cause major disruptions in internal processes such as glucose control.

#### Waist to Height Ratio

Research has determined that the waist-to-height ratio is a very good predictor for diabetes, hypertension and cardio-vascular disease. **50% waist-to-height ratio is best** (waist measurement is just below the belly button).

#### New Focus

Turn weight management into waist management.

## What is involved in a Health Assessment / Physical

A health assessment should involve a complete investigation of the following;

<ol style="list-style-type: none"> <li>1. Consultation/Interview             <ol style="list-style-type: none"> <li>1. Family history</li> <li>2. Medical / Health history</li> <li>3. Physical activity / fitness history</li> </ol> </li> <li>2. Lab work-up             <ol style="list-style-type: none"> <li>1. Blood and urine analysis                 <ul style="list-style-type: none"> <li>-including;                     <ol style="list-style-type: none"> <li>1. Total cholesterol                         <ul style="list-style-type: none"> <li>-HLD</li> <li>-LDL</li> <li>-Triglycerides</li> </ul> </li> <li>2. Fasting glucose</li> </ol> </li> </ul> </li> </ol> </li> <li>3. Cardio-vascular screening             <ol style="list-style-type: none"> <li>1. Resting heart rate</li> <li>2. Blood pressure                 <ul style="list-style-type: none"> <li>-lying down, sitting, standing</li> </ul> </li> <li>3. Stress test</li> <li>4. MVO<sub>2</sub> (aerobic fitness capacity)</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>4. Respiratory screening             <ol style="list-style-type: none"> <li>1. Chest x-ray</li> <li>2. Pulmonary function tests</li> </ol> </li> <li>5. Skin damage screening</li> <li>6. Body composition screening             <ol style="list-style-type: none"> <li>1. Height &amp; weight</li> <li>2. Body Mass Index (BMI) (wt (kg)/ ht<sup>2</sup>(M))</li> <li>3. Waist girth / height ratio</li> <li>4. Body fat &amp; skeletal muscle %</li> </ol> </li> <li>7. Functional screening             <ol style="list-style-type: none"> <li>1. Postural assessment</li> <li>2. Muscle strength and neurologic assessment</li> <li>3. Flexibility assessment</li> <li>4. Agility, balance &amp; coordination assessment</li> </ol> </li> <li>8. Bone Density screening (1)</li> <li>9. Breast examination and Mammogram (2)</li> <li>10. Prostate/rectal examination and PSA test (3)</li> <li>11. Fecal Occult Blood Test and Colonoscopy (4)</li> </ol>
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### FootNotes

- (1) Dual-energy X-ray absorptiometry (DXA) of the lumbar spine and hip. Screening should begin at age 65 for all women. Postmenopausal women younger than 65 should only be screened with DXA if they have any of the following risk factors ; history of fractures, smoker, high alcohol consumption, low body weight, Rheumatoid arthritis, long term steroid use, premature menopause (< 45).
- (2) Mammograms are recommended every two years for all women between the ages of 50 and 74. Women who are deemed high risk should have a mammogram and MRI every year after the age of 30.
- (3) Recommended that examination and PSA blood test every two years after the age of 40.
- (4) Everyone should be screened with the a Fecal Occult Blood Test every 2 years. People with a family history of colorectal cancer in a first-degree relative (parent, sibling or child) have an increased risk of developing the disease and should be screened with colonoscopy beginning at age 50, or 10 years earlier than the age at which their family member was diagnosed, whichever occurs first. The colonoscopy may need to be repeated every five or 10 years depending on the person being screened.

### Summary

Taking the time and making the effort to have a thorough health assessment can be life saving. Fear can sabotage the bravest of hearts so don't let the fear of the unknown influence you. Early detection is the key to the treatment and cure for any illness. Time is on your side so do it now. Continued good health and peace of mind are only an examination away.