

WINCHESTER FAMILY PHYSICIANS

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GENERAL GUIDELINES FOR HEALTH MAINTENANCE

1. We uniformly advise a "no smoking" policy for all our patients. At your request, we will be glad to advise you on smoking-cessation aids and programs available
2. If alcohol is consumed, it should be limited to 2 ounces or two beers per day for men and 1 a day for women
3. Regular exercise has tremendous health benefits – an aerobic activity (including brisk walking) for 30 minutes at least 3 to 4 times per week is advisable unless contraindicated by other medical conditions.
4. A low-fat, low-cholesterol, relatively low-sugar diet is suggested for all patients. Excess fats and sugar contribute to many health problems. An appointment with a registered dietitian is available upon request.
5. Excessive sun exposure is a major risk factor for skin cancer. We recommend sun screens and occlusive hats and clothing as well as sun avoidance during peak sun exposure hours.
6. We strongly recommend seat belt use as it has been shown to reduce the risk of serious injury.
7. A Pneumovax or "Pneumonia shot" is recommended for all those not previously vaccinated at age 65. Certain patients with chronic diseases or lung problems should have these sooner (Not recommended if allergic to eggs).
8. Yearly flu shots are suggested for all patients and strongly recommended for those ages 65 or older (earlier for chronic illness).
9. Tetanus boosters are recommended every 10 years