

# Importance of Preventative Care

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Preventive care appointments are instrumental in preventing illnesses and detecting medical conditions before symptoms are noticeable. Preventative care includes:

- **Screenings:** Blood pressure, cholesterol, diabetes, vision, hearing, and cancer
- **Counseling:** Help with smoking cessation, weight loss, and other lifestyle changes
- **Immunizations:** Influenza, Pneumonia, Shingles, and other routine vaccinations
- **Risk factor reviews:** assessments for depression, substance use, and mood disorders
- **Health advice and education:** written care plans and referrals if needed



## Resources:

*Prevention is still the best medicine.* Prevention Is Still the Best Medicine - News & Events. (n.d.). <https://health.gov/news/202401/prevention-still-best-medicine>