

C. Prepare for your healthcare visits

1. Keep a summary of your medical history and supplements and take to all appointments
 - a. Chronic (long-term) medical problems
 - b. Surgeries, dates, complications
 - c. Allergies to medications
 - d. Adverse reactions to other medicines
 - e. Family history of heart attacks, strokes, cancers (types), and ages at diagnosis
2. Review your symptoms prior to your visit
 - a. Make notes if needed
 - b. What are your symptoms?
 - c. When did they begin?
 - d. What makes it better?
 - e. What makes it worse?
 - f. Treatments tried and results?
 - g. What concerns you the most?
 - h. What do you want to know?
 - i. What do you want done?

D. Pray for your health and that of your family

1. Realize life is a gift from God
2. Pray for wisdom about your schedule
3. Decide to better steward the life and body He has given you
4. Read Pastor Chappell's book, *Stewarding Life*.

Conclusion: _____

Stewarding Our Health

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Introduction: _____

I. What is _____ Us?

15 leading causes of death:

- A. Heart disease – 24.2%
- B. Cancer – 23.3%
- C. Chronic lower respiratory disease – 5.6%
- D. Stroke – 5.2%
- E. Accidents (poisoning, motor vehicle accidents) – 4.9%
- F. Alzheimer's – 3.4%
- G. Diabetes Mellitus – 2.8%
- H. Kidney disease – 2.0%
- I. Flu and pneumonia 2.0%
- J. Suicide 1.6%
- K. Sepsis (severe infection)
- L. Liver disease
- M. Hypertension (High blood pressure)
- N. Parkinson's
- O. Pnuemonia



2. What is _____ Us?

- A. Heart disease
- B. Stroke
- C. Cancer
- D. Diabetes Mellitus
- E. Arthritis

Chronic—heart disease, stroke, cancer, diabetes, and arthritis—are among the most common, costly, and preventable of all health problems in the U.S.

3. What Makes That _____?

- A. _____ of physical activity
- B. _____ nutrition
- C. _____ use
- D. _____ alcohol consumption

These four health risk behaviors are responsible for much of the illness, suffering, and early death related to chronic diseases.

4. What Can _____ Do?

- A. Healthy habits to lower risks for diseases
 - 1. _____ exercise
 - 2. Healthy _____
 - 3. Adequate rest
- B. Health screening to find and treat conditions early
 - 1. Find a regular doctor (maybe a PA or Nurse Practitioner, also)
 - 2. Go to the healthcare provider faithfully
 - 3. _____—Body Mass Index (BMI) or another measurement for obesity
 - a. BMI= [weight (lbs) x 703]/[height (in)]²
 - b. Obese= BMI ≥ 30 (some exceptions)
 - 4. _____— starting at 18y/o and older
 - 5. _____— starting at 35 y/o for males, 20 y/o if risk factors are present
 - 6. Cancer screening
 - a. Adult Females
 - Pap smears, pelvic exams, and breast exams
 - b. Males 40-50y+
 - Prostate exams and PSAs are controversial now
 - c. Adults 50y+
 - Colorectal cancer screening (sooner if family history of that cancer)
 - 7. Immunizations
 - a. Consult your healthcare provider for what's appropriate for you
 - b. Yearly influenza vaccine
 - c. Tetanus every 7 years
 - d. Pneumovax by 65y, sooner in some cases