



BLOCK & NATION, P.A.
FAMILY PRACTICE

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REDUCE THE COST OF MEDICAL CARE . . . STARVE YOUR DOCTOR

DON'T SMOKE!!

WALK AT LEAST 30 MINUTES TOTAL EVERYDAY

WATCH YOUR WEIGHT

AVOID SALT - Use only in cooking

DAILY EXERCISE ----Target Pulse Rate _____ (per minute minimum) for 30 min., 5 days a week

FOR FITNESS TIPS -- *Aerobics for Total Well Being* by Ken Cooper

LEARN MORE ABOUT THE WAY YOUR BODY WORKS, and TIPS FOR STAYING HEALTHY & YOUNG,

READ: *You: The Owner's Manual an Insider's Guide to the Body That Will Make You Healthier and Younger*
by Dr. Mehmet Oz and Dr. Michael Roizen

FOR TIPS ON SLOWING THE BIOLOGIC AGING PROCESS, READ: *You: Staying Young: The Owner's Manual for Extending Your Warranty* by Dr. Mehmet Oz and Dr. Michael Roizen

DON'T SMOKE!!

AVOID SUGAR

INCREASE FIBER - Bran, Fiber Med, Grapefruit (Pectin)

INCREASE FISH AND CHICKEN (Without skin)

DECREASE BEEF AND PORK

BUY AND USE *THE AMERICAN HEART ASSOCIATION COOKBOOK*

FOLLOW THE *SOUTH BEACH DIET* book if you have high blood sugar problems

FOR WEIGHT LOSS or GENERAL HEALTHY EATING TIPS, READ: *You: On a Diet: An Owner's Manual* by
Dr. Mehmet Oz and Dr. Michael Roizen

PROTECT SKIN - Apply sunscreen factor of at least SPF 30 to 45

DON'T SMOKE!!

LIMIT ALCOHOL - 1 to 2 drinks per day, MAX

FEMALES - ANNUAL Pap & Pelvic exams; Annual Mammograms starting Age 40

YEARLY PHYSICALS OVER AGE 40

DON'T SMOKE!!

Baby Aspirin (81 mg) or Adult Aspirin once daily if recommended

AVOID STRESS – Read R. Carlson's book *Don't Sweat the Small Stuff... & It's All Small Stuff*

METAMUCIL or BENEFIBER (fiber supplement)- daily or twice daily

IF PREGNANT, AVOID TAKING MEDICATION

CALCIUM - Consume or take 1200 to 1500 mg daily & VITAMIN-D-800 units daily; limit calcium to 500mg/dose

TAKE a MULTIVITAMIN without IRON daily (Take w/ Iron if regularly donating blood or menstruating)

TRY BENECOL MARGARINE to help lower high CHOLESTEROL

TAKE OMEGA-3 FATTY ACIDS (Fish Oil Caps) 1,000mg -3,000mg Daily (try "Enteric Coated" gel caps
to avoid fishy taste; pick brand w/ high mg of EPA & DHA for best benefit)