



The information provided by Package of Prevention is not intended to replace the services or knowledge of a physician or medical professional. The information in the Package of Prevention Patient Playbook is intended to be a helpful tool in assisting patients to feel comfortable discussing health matters with their physician. You should consult a physician in all matters relating to your health. Package of Prevention does not guarantee that using this “patient playbook” will prevent cancer or any other illness. Package of Prevention encourages all individuals to get regular check-ups and screenings in order to remain the total package of health.

**For more information about Package of Prevention
please visit our website www.packageofprevention.com
or email info@packageofprevention.com.**

PACKAGE OF PREVENTION PATIENT PLAYBOOK

Your Guide to Taking Charge of Your Health

www.packageofprevention.com

CHANGE YOUR ODDS

Welcome to your *Package of Prevention Patient Playbook*, a patient's guide to their health. This Patient Playbook provides you with a list of important questions and common screenings to ask your doctor, as well as space to record your medical history, medical symptoms, and notes from doctor appointments.

An estimated 11,028,000 million individuals are currently living with cancer.

1 in 8 Women will develop Breast Cancer in their lifetime.
1 in 6 Men will develop Prostate Cancer in their lifetime.
1 in 20 Women and 1 in 19 Men will develop
Colon & Rectum Cancer in their lifetime

There are many ways to help Change Your Odds. One simple way is get your routine physical YEARLY! That's right. By completing your physical annually, you can help Change Your Odds of developing cancer or at least catch it early!

Please make an appointment to get screened TODAY!
Together, we can **Change How We Fight**

Resources

Cancer Prevalence How Many People Have Cancer? American Cancer Society. Accessed at http://www.cancer.org/docroot/CRI/content/CRI_2_6x_Cancer_Prevalence_How_Many_People_Have_Cancer.asp?sitearea=&level= on January 5, 2010.

Lifetime Probability of Developing or Dying From Cancer. American Cancer Society. Accessed at: http://www.cancer.org/docroot/CRI/content/CRI_2_6x_Lifetime_Probability_of_Developing_or_Dying_From_Cancer.asp?sitearea=&level= on January 5, 2010.

COMPANY SUMMARY

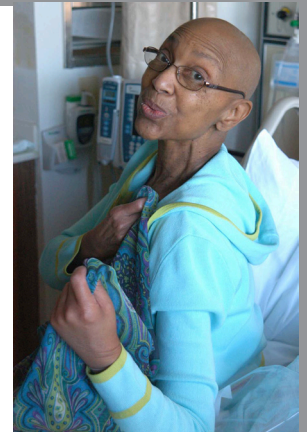
Package of Prevention is a non-profit 501(c)(3) aimed at promoting the importance of cancer screening and early detection. Package of Prevention strives to encourage individuals to be the total "package of prevention" by maintaining a healthy lifestyle and getting all necessary screenings and check-ups. Package of Prevention's goal is not only to educate those who are at risk for cancer (people 45 & above and those with a family history of cancer), but also to educate the children, grandchildren, and loved ones of those individuals. We believe that educating people at a young age encourages them to get in the habit of maintaining a healthy lifestyle; we believe that it also allows them to fill a critical role in communicating to their loved ones the importance and urgency of getting screened for cancer.

We look forward to growing the content of the Patient Playbook to even better serve patients' needs. Please contact us via email or visit our website if you would like to have additional copies of our Patient Playbook.

www.packageofprevention.com
info@packageofprevention.com

ONE WOMAN'S STORY A LETTER TO THE DOCTOR

Beryl Smith wrote a letter to her doctor soon after she was told she had cancer. The cancerous lump under her arm went undiagnosed for almost two years. If Beryl had known to be a proactive patient by insisting on having additional screenings and obtaining a second opinion, she might still be alive today. Beryl's story has inspired her daughter, Courtney H. Smith, to educate others by founding Package of Prevention.



I am writing this letter to tell you how disheartened I am about my present condition. You made me think that my symptoms were caused by depression and that what I needed to do was meditate and find my spiritual base. Although I think that this is a healthy thing, I feel that you were not listening to me when I was describing my symptoms. I'm not blaming you because I should have followed my own instincts. I should have sought the advice of another doctor and gotten a second opinion. I did have Dr. H, at Muir OBGYN look at it and he dismissed it as a minor thing also. However, he at least sent me for a mammogram, which you did not. I think that was part of the problem. He did not ask to have my underarm x-rayed, however, he did at least send me right away to get that done; you did nothing.

I am really afraid for myself because I don't know how long this cancer has been festering. If I would have had immediate attention, I feel that I would have a better chance of survival. I am also afraid because I don't know what other kinds of maladies I might have. As I think about it, you have never sent me to have a colon exam or done consistent blood tests.

Beryl V. Smith

MY HEALTH INFORMATION

INSURANCE INFORMATION

Health Insurance _____ Policy # _____

Vision Insurance _____ Policy # _____

Dental Insurance _____ Policy # _____

GENERAL HEALTH INFORMATION

Height _____ Weight _____ Blood Type _____

Medical Allergies _____

MY DOCTORS

Primary Doctor _____

Contact Info _____

Specialist _____

Contact Info _____

Specialist _____

Contact Info _____

Specialist _____

Contact Info _____

Specialist _____

Contact Info _____

STAY IN THE KNOW

TOP QUESTIONS TO ASK YOUR DOCTOR ABOUT CANCER SCREENINGS & PREVENTION

1. How is my overall health?
2. Am I at risk for breast, cervical, prostate or colon cancer?
3. Are there any tests I should have at the present time based on my age, personal and family medical, and other risk factors?
4. How often should I schedule my screening exams?
5. Can you teach me how to perform a breast exam/prostate self-exam?
6. Should I be tested for sexually transmitted diseases?
7. Do I need to map moles on my body?
8. What does this test measure and why do I need it?
9. Will my health insurance pay for the total cost of this test? If not, how much will I have to pay?
10. How is the test performed?
11. What kind of pain or discomfort will I feel during the test?
12. When will I get the results of my test(s)?
13. How accurate is the test?
14. After taking the tests and getting the results what are the next steps in my treatment plan?
15. What are the possible side effects of the treatment?
16. Is it necessary to have a tumor removed? What will happen if I do not get the tumor removed?
17. What should I do if my symptoms get worse?
18. How will this diagnosis/treatment plan affect my life (home, work, relationships)?
19. Are there any alternative methods to surgery? What are the risk factors to having alternative methods to surgery?

Remember: It is okay to ask your physician questions regarding your health.

Tip: Write down questions in advance and bring them with you to your appointment.

CURRENT HEALTH STATUS

Do you currently have any ailments or other medical conditions?

Ailment/Condition	Current Treatment/ Medication (include name, dosage, and frequency)	Other Info (name of specialist, treatment plan, etc.)

Do you currently have any health conditions or symptoms bothering you?

Description of Symptoms (Location, duration, intensity, provoking events)	Date of Onset	Actions Already Taken

HEALTH JOURNAL

MAJOR/CHRONIC ILLNESSES

Illness	Date of Diagnosis	Treatment	Current Status/ Treatment Plan

SURGERIES/PROCEDURES

Type	Date	Outcome