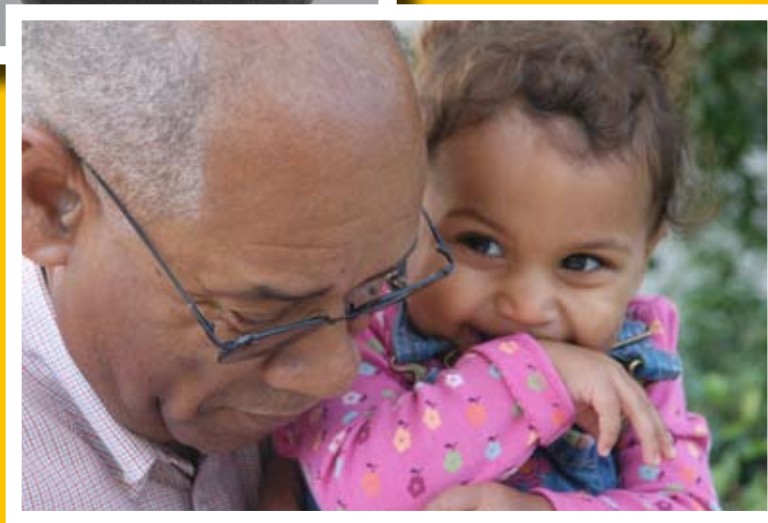
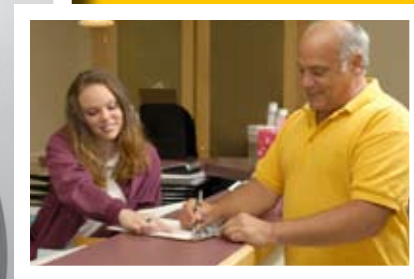


The information provided by Package of Prevention is not intended to replace the services or knowledge of a physician or medical professional. The information in the Package of Prevention Patient Playbook is intended to be a helpful tool in assisting patients to feel comfortable discussing health matters 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

IN ADDITION TO REGULAR SCREENINGS, HERE IS WHAT YOU

Maintain A Healthy Diet Diets high in fruits and vegetables, and low in fats can reduce your risk of cancer and other illnesses. Drink lots of water and avoid large amounts of sugar and salt. Diets high in fiber can reduce your risk of developing colon cancer.

Exercise Regularly Physical activity -- even just 30 minutes a day -- can help control your weight, increase strength, stamina and balance, and make you feel more energetic. Being active can also lower anxiety and depression, and can reduce the risk of many illnesses, including heart disease, colon cancer, diabetes, stroke and high blood pressure.

Reduce Stress Because it depresses your immune system, stress can make you more susceptible to many illnesses, including cancer. Manage stress by taking time to do things you enjoy, learning to relax, and getting enough sleep.

Protect Your Skin From The Sun Overexposure to the sun is the major cause of skin cancer. Children and teens are especially vulnerable to sun damage because their skin cells are still developing; damage that occurs in childhood can cause cancer later in life. People of all ages and all skin colors should wear sunscreen of at least 15 SPF, and wear protective clothing, even on hazy days.

Avoid Tobacco Lung cancer is the number one cancer Americans are diagnosed with each year. According to the Cancer Research and Prevention Foundation*, “80 percent of all lung cancer is related to smoking, and non-smokers exposed to secondhand smoke are at risk for lung cancer and other respiratory problems as well”. Talk to your doctor about ways you can quit smoking. If you live with someone who smokes, talk to them about the effects smoking can have on both of you.

Limit Alcohol Consumption If you choose to drink, limit your consumption to no more than two drinks per day. According to MD Anderson Cancer Center**, “Alcohol consumption can lead to cancers of the colon, breast, and liver, and when combined with smoking, alcohol greatly increases the risk of head and neck cancer”.



HAVE A CANCER STORY TO TELL... SHARE YOUR STORY WITH US

If you or a loved one has been affected by cancer, Package of Prevention would like to hear your story of courage. We plan to compile your stories in order to increase the awareness and importance of cancer prevention, and comfort others by letting them know they are not alone in their struggle. Stories may be any length and any format. For further information or to submit your story, please visit our website, packageofprevention.com or email info@packageofprevention.com.

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