

## Preventive Healthcare Guide

### 1. Regular Health Screenings

Recommended screenings by age:

- Blood pressure: Every 2 years for adults
- Cholesterol: Every 4-6 years for adults
- Diabetes: Every 3 years after age 45
- Cancer screenings based on age and risk factors

### 2. Vaccination Schedule

Adult vaccinations:

- Influenza (flu): Annually
- Tetanus-diphtheria: Every 10 years
- Shingles: Two doses after age 50
- COVID-19: As recommended by health authorities

### 3. Lifestyle Recommendations

Diet:

- Balanced nutrition with plenty of fruits and vegetables
- Limited processed foods and added sugars
- Adequate hydration (8 glasses of water daily)

Exercise:

- 150 minutes of moderate aerobic activity weekly
- Strength training 2-3 times per week
- Regular stretching and flexibility exercises

Mental Health:

- Regular stress management
- 7-9 hours of sleep daily
- Social connections and support
- Regular mental health check-ups

### 4. Risk Factor Management

- Maintain healthy weight
- Avoid tobacco use
- Limit alcohol consumption

- Regular dental check-ups
- Sun protection