

Steve Ramos, MD

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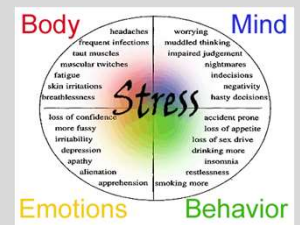
Importance of Screenings & Physicals

Most major insurance companies, along with a majority of the American population feel that yearly visits with your primary care doctor for screening exams is important for maintaining good health. During these visits, the focus of the conversation will be diverted from specific concerns or complaints, to a comprehensive discussion about your overall health and risk of disease in the future. These visits allow you and your doctor to discuss which forms of screening and testing are right for you. Based on your age, sex, medical history, and family history, your doctor can ensure that you are tested and monitored for the development of certain cancers, diseases, and infections.

The US Preventative Services Task Force (USPSTF) has established recommended screening tests for these “annual visits”. Looking through demographics and statistics of the American population, the USPSTF has determined testing and screening that can greatly benefit our communities as a whole.

Regular visits to your doctor for screening exams and physicals are essential for your overall health. Although there are no absolute necessities required during these visits, they offer you and your doctor valuable time and interaction together to devise a plan to better improve your health. Regular physicals allow your doctor to get a grasp of your overall health, as well as provide adequate time to discuss and review your important concerns and questions.

During these visits, your doctor will be able to discuss a detailed medical history. Your doctor may ask you questions about important lifestyle behaviors such as your diet, exercise routine, smoking history, alcohol use, sexual health, and vaccination status. These are all important topics to discuss with your doctor to keep you healthy and feeling great. Not only should your primary care doctor be helping you feel better when sick, but also to ensure that you are staying healthy with good lifestyle and behavior advice.





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You and your doctor can also discuss important facts/changes in your family medical history, and past medical problems you may have encountered. This can allow your primary care doctor to plan ahead and appropriately screen and treat for conditions that you may be more prone to developing.

During these visits, your doctor will take your vital signs, looking at your blood pressure, heart rate, temperature and breathing rate. These numbers can help your doctor identify many medical conditions that may not have presented with symptoms, yet. Your doctor will also perform a physical exam. Depending on your age, sex, and medical history; this exam can be detailed, extensive and thorough, however often can be brief, direct and limited, depending on your current health and concerns. The physical exam can give your doctor clues about your underlying health, and help identify issues early.

Your primary care doctor may, or may not order blood work, xrays, or other forms of testing depending upon the history and concerns you have previously discussed, as well as following up on any findings your doctor may have discovered during your physical exam. These testing are not required or even recommended for everyone, and may not be needed for every regular checkup visit.

Perhaps even more importantly, regular communication and interaction with your primary care physician will create a trusting and contented relationship. Being able to trust your doctor will allow you to be more honest with your concerns and feel more confident that your doctor is making the right decisions for you.

At HealthTexas, we want our patients to feel comfortable and confident with our doctors, knowing that we are here for their benefit and their wellbeing. Knowing our patients better allows us as physicians to identify problems faster, manage their concerns better, and overall keep our patients healthier. So, if it's been a while since you've seen your doctor, or perhaps you've never had a primary care physician, come visit us at HealthTexas.

Your **CHOICE OF DIET** can influence your long term **HEALTH** prospects more than any other action you might take.

(Former Surgeon General C. Everett Koop)

QPIC Corner

TAKE CHARGE OF YOUR HEALTH

Annual Health Checklist



**Annual Physical with
Primary Care Doctor**
(Men & Women)



Well Woman Exam
(Women Ages 21-64)



**Mammograms -
Saturdays Available**
(Women Ages 50-74)



**Colorectal Screenings -
Saturdays Available**
(Men & Women
Ages 50-75)



**Nutritionist - Saturdays
Available**
(Men & Women)



✉ QPICCM@HEALTHTEXAS.ORG

☎ 210-268-1698



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Article provided by:
Steven Ramos, MD
Board Certified Internal Medicine
Best Doctors in San Antonio®
Bridges to Excellence®



HealthTexas – San Pedro
530 San Pedro Ave.
San Antonio, TX 78212
Hours:
M,T, & TH 7:00 am – 5:00 pm
W 10 am – 5 pm
Fri & Sat: 8 am – 5 pm
Phone: (210) 225.4511

qpicsa.com



Healthy Recipe

<https://fruitsandveggies.org/recipes/last-minute-black-bean-soup/>
Healthy Lunch/Dinner

Last-Minute Black Bean Soup

By: Liz Weiss

Makes 4 servings
30 minutes or less

Ingredients:

- 1 15-ounce can black beans, undrained
- 1 ½ cups frozen or fresh corn kernels
- ¾ cup salsa – (your preferred spice level)
- ½ cup water
- ½ cup finely diced red bell pepper
- 2 tbs fresh lime juice (juice of 1 lime)
- 1 tsp chili powder
- 1 tsp ground cumin
- ¼ cup shredded reduced-fat cheddar cheese

Optional toppings: Reduced-fat plain Greek yogurt, roughly chopped cilantro, diced avocado, crushed tortilla chips



Directions:

1. In a medium saucepan, combine the beans, corn, salsa, water, bell pepper, lime juice, chili powder, and cumin.
2. Cover and bring to a boil. Reduce the heat and simmer, uncovered, 10 minutes.
3. Serve in individual bowls and top with the cheese and optional toppings as desired.

Nutritional Facts: Calories: 180, Total Fat: 2g, Saturated Fats: 1g, Sodium: 330 mg, Total Carbohydrates: 33g, Dietary Fiber: 7g, Protein: 10g

Recipe provided by:
Fruitsandveggies.org