



# Ask Your Health Care Provider

## An Ounce of Prevention ...

- ❖ Eat Right
- ❖ Get Active
- ❖ Don't Smoke

## Take This List of Questions to Your Next Doctor's Appointment:

1. At my age, what screening tests should I have?
2. I've got a family history of (cancer/diabetes/heart disease/stroke). Is there a different schedule of screening tests I should follow?
3. Given my family history, do I need to be more concerned about my diet? My weight? My physical activity level?
4. Am I at a healthy weight? What should I do to lose weight?
5. How much physical activity should I get? How can I get started?
6. What's the best way for me to stop smoking?

## For Additional Information:

- ❖ [www.everydaychoices.org](http://www.everydaychoices.org)
- ❖ [www.eatright.org](http://www.eatright.org)
- ❖ [www.cdc.gov/nccdphp/dnpa/obesity](http://www.cdc.gov/nccdphp/dnpa/obesity)
- ❖ [www.fitness.gov](http://www.fitness.gov)
- ❖ [www.TheStink.org](http://www.TheStink.org)
- ❖ [www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)
- ❖ [www.nhlbi.gov/about.ncep](http://www.nhlbi.gov/about.ncep)
- ❖ [www.5aday.com](http://www.5aday.com) and [www.5aday.org](http://www.5aday.org)
- ❖ [www.mypyramid.gov](http://www.mypyramid.gov)
- ❖ [www.ihl.org/IHI/Topics/ChronicConditions/Diabetes](http://www.ihl.org/IHI/Topics/ChronicConditions/Diabetes)

*\*Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes (NMHCTOD). They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.*

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