

# Preventative Care

## Prioritizing Wellness Care:

### From Check-ups to Choices with MWC Nurse Practitioners

Preventive care is vital for long-term health as it targets potential health issues early, preventing serious problems. Here's why it's crucial and how small lifestyle changes matter.

#### Early Detection:

Regular check-ups and screenings catch health issues early, making treatment easier and reducing complications.

#### Cost-Effective:

Investing in prevention like vaccinations and screenings saves on future medical expenses.

#### Quality of Life:

Proactive prevention leads to improved physical and mental health, enhancing overall well-being.

#### Long-Term Benefits:

Simple lifestyle changes over time significantly reduce the risk of chronic diseases and boost well-being.

Empower yourself by prioritizing your health today. Book a preventive care appointment and take the first step towards optimal well-being.

Click [here](#) to schedule.



## Did You Know?

### From Awareness to Action

The [CDC](#) reports, healthy behaviors are only part of the picture. Getting routine preventive care can help you stay well and catch problems early, helping you live a longer, healthier life.

**PREVENTION IS MEDICINE**

Here is a great starting point for being proactive about your health care.

▶ Available at MWC  
\*\* 360 Can Provide Assistance with Referral

<p style="text-align: center; background-color: #0070C0; color: white; border-radius: 5px; padding: 2px;">MEDICAL HEALTH</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Bloodwork/Blood Pressure</li> <li><input type="checkbox"/> Cardiac Calcium Score Test **</li> <li><input checked="" type="checkbox"/> Cholesterol Levels (lipid profile)</li> <li><input type="checkbox"/> Dental Cleaning Bi-Annual</li> <li><input checked="" type="checkbox"/> Dermatologist Annual Skin Cancer Check **</li> <li><input checked="" type="checkbox"/> Immunizations</li> <li><input checked="" type="checkbox"/> Optometrist Annual Eye Exam</li> <li><input type="checkbox"/> PCP: Establish Care **</li> <li><input type="checkbox"/> PCP: Annual Visit **</li> </ul>	<p style="text-align: center; background-color: #0070C0; color: white; border-radius: 5px; padding: 2px;">MENTAL HEALTH</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Mindfulness Visit / Guided Meditation</li> <li><input type="checkbox"/> Routine cognitive assessments, particularly for seniors **</li> <li><input checked="" type="checkbox"/> Stress Management</li> </ul>
<p style="text-align: center; background-color: #0070C0; color: white; border-radius: 5px; padding: 2px;">MUSCULOSKELETAL HEALTH</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Chiropractic: Posture Assessment &amp; Ergonomic Evaluations</li> <li><input checked="" type="checkbox"/> Exercise Physiologist: Fitness Assessment, Perfecting Form &amp; Customized Planning</li> <li><input checked="" type="checkbox"/> Physical Therapist: Injury Prevention &amp; Rehabilitation</li> <li><input checked="" type="checkbox"/> Stretching and Mobility</li> </ul>	<p style="text-align: center; background-color: #0070C0; color: white; border-radius: 5px; padding: 2px;">NUTRITION AND LIFESTYLE</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Behavioral help for quitting smoking, managing weight, and improving health habits **</li> <li><input type="checkbox"/> Consultations with a nutritionist **</li> <li><input checked="" type="checkbox"/> Guidance on healthy lifestyle choices: exercise, nutrition, sleep, and stress management</li> </ul>
<p style="text-align: center; background-color: #0070C0; color: white; border-radius: 5px; padding: 2px;">ADDITIONAL TEST</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Blood glucose screening</li> <li><input type="checkbox"/> Bone density test (DEXA scan) **</li> <li><input type="checkbox"/> Mammogram **</li> <li><input type="checkbox"/> Prostate Cancer Screening (PSA test and digital rectal exam) **</li> </ul>	

Tel: x4200 or 929-813-3800      Website: [mlpwellness.com](http://mlpwellness.com)

Recognizing the importance of preventive measures, we emphasize the concept Hippocrates wrote about, that "an ounce of prevention is worth a pound of cure". While longevity is a common goal we share, we equally prioritize a high quality of life as we age. Our commitment is reflected in the comprehensive wellness services we provide, ensuring a holistic approach to health and well-being.

-Navjot Kaur D.N.P

## A Word From Our HSS Affiliate

### Benefits of Strength Training for Women Throughout Life



Discover the significant advantages of incorporating strength training into your regimen, ranging from enhanced bone density to reduced injury risk. Explore how women of all ages, from adolescents to older adults, can reap distinctive benefits from engaging in strength training exercises.

Click [here](#) to learn more!

## Rehab Corner

### Standing Bent Over Bilateral Shoulder Row with Dumbbell



This exercise offers numerous benefits, including improved shoulder strength, enhanced posture, and increased upper body stability. By engaging multiple muscle groups, such as the deltoids, rhomboids, and trapezius, it promotes overall upper body strength and endurance. Incorporate this effective exercise into your routine to achieve better shoulder health and functional strength.

Click [here](#) for video.