

## **Why Preventive Medicine?**

As a nation we have historically found expensive cures for illness and disease rather than focusing on effective prevention. The result is a national health crisis, in which more than 1.7 million Americans die each year from chronic diseases, accounting for about 70% of all U.S. deaths. Although our population is aging, a full one-third of the years of potential life lost before the age of 65 are due to chronic illness. The good news is that, although chronic diseases are among the most common and costly of all health problems, they are also the most preventable. Even better news! If you or your loved ones have already been diagnosed with a potentially serious condition such as diabetes or pre-diabetes or if you are burdened with a family history of premature cardiovascular disease we can guide you to a pathway to living with and conquering chronic disease and illnesses that cause major disability, premature death and hardship.

Five diseases cause more than two-thirds of all U.S. deaths annually – heart disease, cancer, stroke, chronic obstructive pulmonary disease (bronchitis, emphysema) and diabetes. Early detection plays a large role in aggressively treating these illnesses and in preventing long-term disability.

Preventive screenings, testing and follow-up are essential in providing you with the knowledge you need to address health problems in the early stages, when they are easier to treat and when treatment is more effective. Regular screenings for conditions such as high blood pressure, colorectal cancer, breast cancer, diabetes and obesity can have dramatic results in combating these conditions. The testing we provide includes a cardiac and pulmonary fitness evaluation, advanced lipid testing with lipid particle analysis, cardiovascular risk prediction modeling and genetic testing that provides you with state of the art information on your level of fitness, cardiovascular risk, pulmonary health as well as your risk of diabetes and cancer. Testing for common nutritional and vitamin deficiencies is included. Optional testing includes coronary CT evaluation, carotid testing, ultrasound imaging of key organ systems, bone density testing with fracture risk analysis and vascular doppler testing. But we don't stop there. We provide you with a pathway to improve your cardiovascular fitness and overall wellness with a comprehensive roadmap to your future health and well-being.

In addition, behavior modification, such as smoking cessation, exercise, reduced alcohol consumption, healthy eating, and weight loss has been proven to significantly reduce the risk factors that underlie our nation's biggest health problems. We can provide you with a customized plan to navigate through your obstacles to optimum health.

Preventive medicine calls for a paradigm shift in the minds of Americans who traditionally get sick first and seek treatment afterwards. The Siouxland Executive Wellness Center and Concierge Services we provide is part of a revolution in health care in which proactive steps can help detect illness before symptoms ever appear. The testing and diagnostics performed at our Center are comprehensive, painless and affordable and will provide you with the knowledge you need to improve the quality and longevity of your life to enjoy more quality years. Visit Siouxland Adult Medicine today, so tomorrow you can start living a healthier, longer life.