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PATIENT CONNECTION



Published by Dr. Alexander Kopp

www.DrKoppMd.com

We Wish You a Happy & Healthy New Year!

New Year's Trivia Questions

1. Where and when was the first new year holiday observed?
2. When did the first New Year's Eve ball drop in New York's Times Square?
3. What does Auld Lang Syne mean?
4. In what month did ancient Roman's calendar begin the new year?
5. Where and when did people start using a baby to signify the start of the new year?
6. Name five of the top 10 new years resolutions.



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Alexander Kopp, MD

Newton-Wellesley Hospital Campus
 White Medical Building
 2000 Washington St. Suite 542
 Newton, MA 02462
 Tel: 617.527.6200, Fax: 617.965.5894
akopp@drkoppmd.com
www.DrKoppMd.com



Do you want to be healthier but struggle to meet your goals? Dr. Kopp and his team are here to help you with various health related issues and goals. For example, if you want to quit smoking, lose weight, tackle depression, eat healthier we can help. Although we can't do it for you—you don't have to go it alone. Call us to schedule an appointment to discuss your health goals.

2016 Health Screening Checklist

To maintain optimal health and detect potential issues early, it is important to have regular health care screenings, tests and checkups. Following is a list of screenings along with a checklist (on the back). Start the new year by resolving to get all your test and ace a healthy and happy new year.

Annual Physical Exam

An annual physical exam is an opportunity for you to have a primary care provider perform tests to evaluate your overall health and perhaps discover potential issues. The exam usually involves checking cholesterol levels, blood pressure and more. It is also an opportunity to discuss any health issues.

Colonoscopy

There were approximately 93,090 new cases of colon or colorectal cancer in 2015. According to the American Cancer Society, approximately 49,700 people will die from colon cancer in 2016. Regular colonoscopy screenings are vital for early detection. Colon cancer has a very high cure rate if caught early.

For both men and woman, this test should done starting at 50 years of age, and then about every 5-10 years after. However, this may need to be done more frequency depending upon family history and other factors. Talk to your doctor to determine the what is right for you.

Note: The information provided in this newsletter is not intended to be medical advice. In all instances, individuals are responsible for their own health care decisions and should consult with their health care providers.

2016 Health Screening Checklist

Annual Flu Shot

An annual flu shot is the best way to protect yourself and others from the flu (*Source: Centers for Disease Control and Prevention*).

Skin Cancer Screening

Skin cancer is the sixth most common cancer in the United States. It's also the number one cancer in young adults aged 25-29. Early melanoma detection can significantly reduce fatality rates. Experts recommend having a dermatologist conduct a skin cancer screening. Following the first appointment, the dermatologist will recommend how frequently you should be screened. (*Source: Skin Cancer Foundation*).

Mammogram

The risk of breast cancer goes up with age. Starting between 35-40 years of age, it is recommended that woman have a mammogram screening and then discuss yearly exams with their physician (*Source: National Cancer Institute*).

Pap Smear

The purpose of a pap smear is to collect cells from a woman's cervix, located is the lower end of the uterus. The cells are used to detect cervical cancer or its possible development. Women over 21 years old are advised to have a pap smear test every two years, unless otherwise advised by their physician.

Prostate Exam

It is commonly recommended that men, starting at the age of 50 should have a prostate exam. Men should talk to their physician about when to get tested. This is especially important for those who may be at high-risk due to family history or other factors.

Dental Checkup

Regular dentist checkups (every six months) for a cleaning and exam can significantly impact mouth health for the better. These checkups also help screen for possible gum disease, decay and cancers.

Eye Exam

Take care of your eyes with regular exams. If you do not have any known eyesight issues, schedule an exams every two years. However, if you have any vision issues, than an annual exam is strongly advised.

HEALTH SCEENINGS CHECKLIST

#	TASKS	✓
1.	Document Scheduled Appointments	
2.	Annual Physical Exam	
3.	Colonoscopy	
4.	Annual Flu Shot	
5.	Skin Cancer Screening	
6.	Mammogram	
7.	Pap Smear	
8.	Prostate Exam	
9.	Dental Checkup	
10.	Eye Exam	



Trivia Question Answers

1. 4,000 years ago in Ancient Babylon | 2. 1907 | 3. Time Long Pass | 4. March 1 | 5. Greece in 600 B.C. | 6. Lose Weight, Stop Smoking, Stick to a Budget, Save Money. Find a Better Job, Get More Organized, Exercise More, Be More Patient, Eat Better, Be a Better Person.