

MCFR MONTHLY WELLNESS

OCTOBER 2023 NEWSLETTER



BE A CATALYST FOR YOUR HEALTH

Preventative Care

Are you up to date on your preventative care? October's focus is on prevenative care and serves as a reminder to schedule your annual appointments at the eye doctor, your primary care, schedule routine blood work, and more outlined in this month's newsletter. Check out the information and resources to learn more on how you can stay up to date on your preventive care.

SCHEDULE ANNUAL APPOINTMENTS



Primary care for annual physical



Dental cleanings & check-ups



Annual eye exam



Skin and mole check at your dermatologist

Preventative Care Resources

Click the links below

[Preventive Care for Men at Every Age \(healthline.com\)](https://www.healthline.com/health/preventive-care-for-men-at-every-age)



[Women's Preventive Care Timeline: Infographic | Johns Hopkins Medicine](#)

WHAT YOU CAN DO TODAY

1. Check to see if you are up to date on all of your vaccinations (Flu, Tetanus, HPV)
 - a. Check out the [CDC](https://www.cdc.gov) to see what vaccines you should be up to date with at each age.
2. Familiarize yourself with what is covered under "preventative care" with your insurance.
3. Research your family's health history & determine any health risks to share with your primary care physician.
4. Speak with your new Athletic Trainer, Dr. Kelsey Tanler, on how you can be proactive with your health.
 - a. Wanting to start an injury prevention program for you and your crew.
 - b. Tackling sleep health.
 - c. Where to start with a new exercise program.
5. Do a self-check in: do you have any current issues that you want addressed?
 - a. Current aches/pains => Reach out to Dr. Kelsey Tanler for a rehab and treatment program.
6. You can sign up to get a flu shot and/or a COVID vaccine at FROMS. Contact Chief Patrick Stanton for more information.

COMING SOON October-November

Dr. Kelsey Tanler is setting up an athletic training clinic space at Station 32. This will be a space to schedule appointments for evaluations, rehab, and treatment and be detailed on shift!