

*Good Things About My Skin*  
**Great things about my health; things I do well**

- **Skin care** ~ I do my 3-step Clinique skin care regiment each day. Moisturizing is important, especially at my age.
- **Eye Exams** ~ Schedule Annual Eye Exam and get new glasses as needed.
- **Dental care** ~ I make sure I see the dentist and have my check-ups every 6 months.
- **Pap Exams** ~ I make sure to schedule and keep my annual appointment and see the doctor any time I notice something amiss.
- **Mammograms** ~ I keep my yearly appointments, have my physician do an annual exam and do my own breast exams.
- **Blood Work** ~ I have blood work done at least once a year to have my cholesterol checked, liver functions from medications I take and other functions checked.
- **Colonoscopy** ~ I've had two (2) previous exams and am current until Dec. 2012.
- **Orthopedic** ~ See my surgeon for hip replacement care as scheduled.



### What is Important to ME About MY Health?

- Quality of Life...taking care of me in a healthy way so I'm able to do the things that I will enjoy and enrich my life...so I can be there for my family.
- Losing Weight...continue to lose weight gradually so it will be a healthy weight loss. One where I've learned to break bad habits and replace them with good ones and by losing slowly, my skin will have time to tighten up and not sag.
- Maintain A Healthy Weight...once I'm comfortable and at a good weight for me, stay focused...
- Having Good Cholesterol and Blood Sugar Readings. Get all of my readings into the Normal Range so I reduce the chances of getting an avoidable disease. Heart disease and diabetes runs in my family. I need to remember that this is within my control.



### What Supports Do I need Around My Health?

- Good Health Professionals who will Listen and Address my Concerns.
- ME. I need to acknowledge that I'm my own best advocate and if I don't do things to help myself and keep on a healthy track, then I have no one to blame but myself. I know my body better than anyone else and I need to listen to what my body is saying to me and then do something about it.
- My family. They are great supporters of me becoming healthier. My daughter, in particular, voices her concerns about my weight issues and is very supportive of my weight loss. She reminds me of our family history and my need to give more thought to what I'm doing. I also receive good support from my husband and son who also want to see me live healthier.
- My Weight Watcher's group. I'm learning a lot about making healthier selections and have been doing just that. I journal everything I eat so that I'm more aware of what I'm placing in my body on a daily basis. I give a lot more thought as to how I want to spend my "points", most of the time I'm choosing a healthier item. I'm learning to exercise control over my food and not let food control me.



### *What is **NOT** Working?*

***Exercise.** I've not been able to get into a regular walking program, even though every day I think this is the day I'm going to start. I have made a change in one respect though. I'm parking much farther away in parking lots which is giving me some exercise I wouldn't have gotten otherwise. And, I've been using stairs in some areas. This is a biggie for me.*

### What IS Working?

- Weight Watchers is a good working tool for me. It has brought about an awareness that I was needing.
- Keeping my routine doctor appointments and scheduling appointments when I think there is a concern.
- Family Support. They help me to stay aware... even when eating out, I'm making healthier choices. I'm watching my sodium intake and make sure that if I'm eating something higher in sodium, I flush my system by squeezing lemon juice into my water and having several glasses.



## Goals for My Own Personal Health Plan

- Stay Focused on what's in my BEST interest and that's my health. I have too many allergies to antibiotics and the doctor's have voiced concern that there aren't many medications they can prescribe for me so it is very important that I stay as healthy as possible.
- Avoid Hospital Stays. I'm allergic to the only antibiotic that will cure hospital staff infections (Vancomycin) so it is especially critical for me to stay well.
- Lose the Weight. To avoid most health problems I need to be at a healthy weight for me.
- Count My Blessings. Give thanks to God for each day. Life is precious and much too short to take things for granted.
- Enjoy Life. Always have a good attitude, laugh, smile and say hello to a stranger I meet. Take time to relax, take deep breaths, and de~stress.
- Continue to Volunteer. The rewards are many when I feel like I've done a kind deed for someone else. The pleasure I feel when I've been helpful is wonderful.

