

PREVENTATIVE HEALTH SCREENINGS



THANK YOU!



AGENDA

- What are health screenings ?
- Commercial Drivers license exam (DOT)
- Why primary care?
- Asclepius Borealis (healthcare access solutions)
- Nutrition
- Contact Info



HEALTH SCREENINGS

Yearly health screenings are separate from any other doctor's visit for sickness or injury. Education and counseling to help you make informed health decisions. In addition to physical exams, these visits focus on preventive care, such as:

- Screenings
- Immunizations
- Dental cleanings
- Diet counseling

(CDC, 2024)



SCREENINGS

Cancer screenings: Breast, Colorectal, Lung, Cervical
Other screenings: Depression, Anxiety, Diabetes (type 2),
Sleep Apnea, alcohol use, blood pressure, cholesterol,
hepatitis, HIV, Sexual transmitted infections, tobacco use,



VACCINATIONS

Based on age and risk factors:
Pneumococcal, shingles, HPV, Influenza,
varicella, MMR, pertussis, tetanus,



HEALTH SCREENINGS CONT.

CANCER SCREENING SAVES LIVES.

Some cancers can be found early, before they have had a chance to grow and spread. The 5-year survival rate for many cancers is over 90% when detected early. Getting screened is crucial to catching cancer early when it may be easier to treat. Make your play and find your local cancer screening center*.

(crucialcatch.cancer.org, 2024)



Department of Transportation Exams

DOT EXAMS

“Good physical and mental health; good eyesight, adequate hearing; no addiction to narcotic drugs; and no excessive use of alcoholic beverages”

(NRCME, 1939, pg.3)



DIABETES

Type I: Insulin tx compliance with CGM monitors and uploading data, eye exam, foot exam

Type II: Medication management, A1C%, fasting glucose eye exam, foot exam



SLEEP APNEA

Obstructive Sleep Apnea
CPAP compliance reports
STOPBANG (screening)

HYPERTENSION

<140/90 mmhg

1 year certification w/ medication
yearly screening w/ PCP



HEARING + VISION

Testing
Snellen Chart
Corrected Lenses
Hearing Aids

VISION



Recommended Comprehensive Eye Exams in Adults With No Risk Factors⁵

	Frequency of Exams
< 40 years	Every 5-10 years
40-54 years	Every 2-4 years
55-64 years	Every 1-3 years
≥ 65 years	Every 1-2 years

Appropriate follow-up intervals for the presence of early symptoms or signs, risk factors, disease, or potential progression are determined by an ophthalmologist.

SLEEP APNEA

What Do You Do if OSA Is Suspected: STOP-BANG

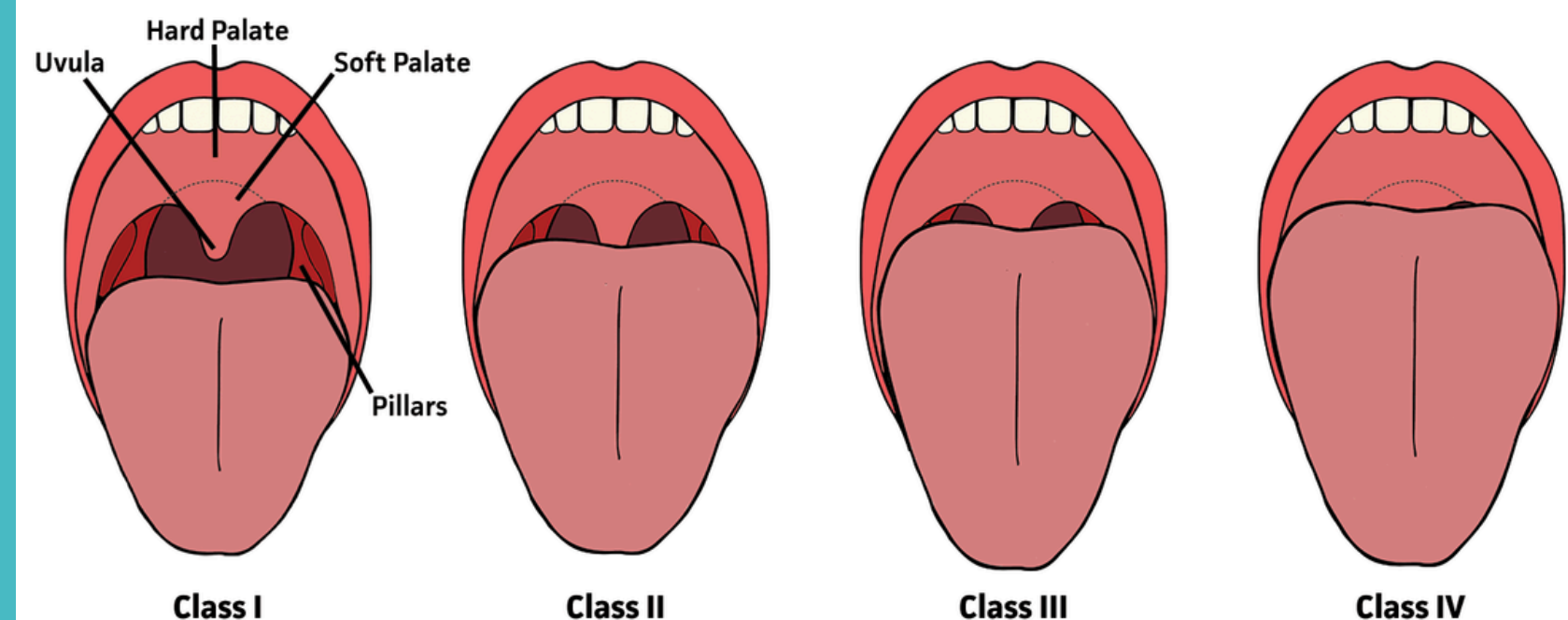
▶ STOP Questionnaire

- Snororing
- Tiredness
- Observed you stop breathing
- Blood Pressure

▶ BANG

- BMI >35
- Age >50
- Neck circumference >40 cm (>15.7")
- Gender male

High risk: Yes to ≥ 3 items → Refer for sleep testing



19.3%

PERCENTAGE OF
POPULATION LIVE IN
RURAL AREAS

- “REPORT POOR HEALTH STATUS”:
 - LACK OF ACCESS TO APPROPRIATE INTERNET CONNECTION
 - TRANSPORTATION ISSUES
 - LACK OF HEALTHCARE INSURANCE

13.1

NUMBER OF PHYSICIANS PER
10,000 PEOPLE
(VS 32.1 IN URBAN SETTING)

(NRHA, 2024)



PRIMARY CARE PROVIDERS IN RURAL AREAS



ASCLEPIUS BOREALIS

Employee Health and Wellness Clinic that offers On-site or off-site options that are customizable to employer health needs:

- **Occupational health, primary care, acute care**
- **Longer appointment times**
- **No fees for services provided**
- **Telehealth + patient portal messaging capabilities**
- **Minimal waiting times**
- **Same day appointments available**

brief intermission...



@asclepiusborealis

Nutrition + Hydration PLANNING

- Fuel Up Often (and not just your truck)
 - Start your day with a balanced breakfast
 - Eat 3 smaller meals and 2- 3 healthy snacks
 - Hydrate !
 - Decrease added sugars <36 grams
 - Decrease caffeine <400mg caffeine
-



- **Proteins**
- **Carbohydrates**
- **Fats**

Examples:

Eating an apple (carb) with peanut butter (fat/protein)

A slice of toast (carb) with avocado (fat/fiber)

Sprinkling chia seeds (fiber/fat) in your morning oats (carb)

(nutritionsource.hsph.harvard.edu)


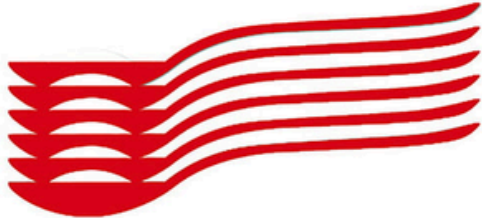


Hydration: 15.5 cups for men, 11.5 cups for women

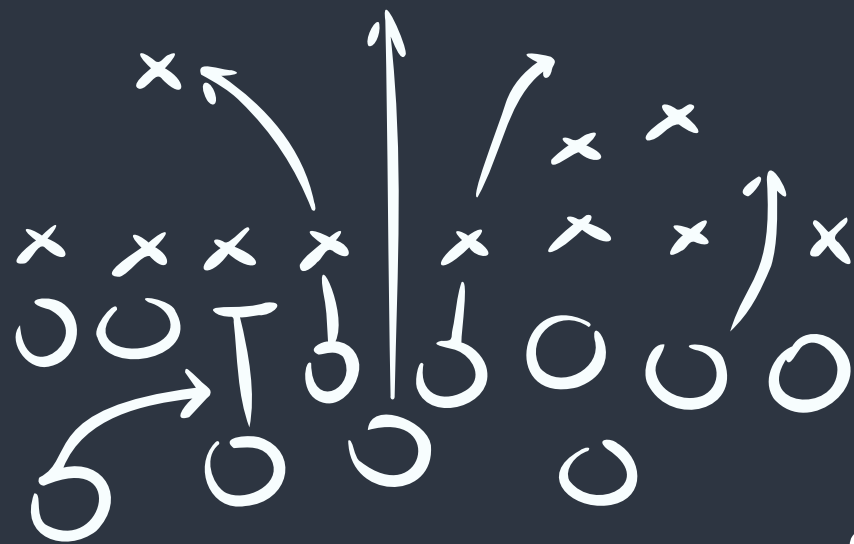
Things to consider: activity level, outdoor temperature, age, overall health and medications



Daily Added Sugar Limit

MEN	WOMEN
	
No more than:	
9 teaspoons	6 teaspoons
36 grams	25 grams
150 calories	100 calories

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Sunday Football Bean Dip

Ingredients:

- 15 oz cooked white beans (navy, great northern or cannellini)
- 2 Tbs olive oil
- 1/2 tsp salt (optional*)
- 1/2 Tsp pepper
- 1/2 Tsp garlic powder
- 1/2 Tsp onion powder
- 1 Tbs fresh lemon juice

Directions:

1. If using canned beans, drain and rinse before making dip.
2. In a food processor combine all ingredients except toppings.
3. Pulse until smooth. Depending on the firmness of the beans/your food processor – you may need to add 1-2 tablespoons of water.
4. Pulse until smooth. Place dip in a serving bowl and garnish with toppings of choice (1 Tbs kalamata olives or 1 Tbs sun dried tomatoes)

*Important note: If you're using canned beans with salt, you may want to cut back on the salt in the recipe. You can always make it without added salt, taste it, and then add more to your taste. Serve with pita chips or fresh cut vegetables.

Nutrition Facts

Serving: 0.3cup (estimate) | Calories: 169kcal | Carbohydrates: 20g | Protein: 6g | Fat: 8g | Saturated Fat: 1g | Sodium: 339mg | Potassium: 58mg | Fiber: 7g | Sugar: 1g | Vitamin A: 48IU | Vitamin C: 5mg | Calcium: 96mg | Iron: 4mg



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References

<https://www.who.int/health-topics/occupational-health>

<https://www.cdc.gov/chronic-disease/prevention/preventive-care.html>

<https://www.healthcare.gov/preventive-care-adults/>

www.ruralhealth.us

<https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/>