

Taking Care of the Temple

Lauren Brenci Franklin M.D

Board Certified Family Practice Physician

Ascension/Sacred Heart

Crestview, FL

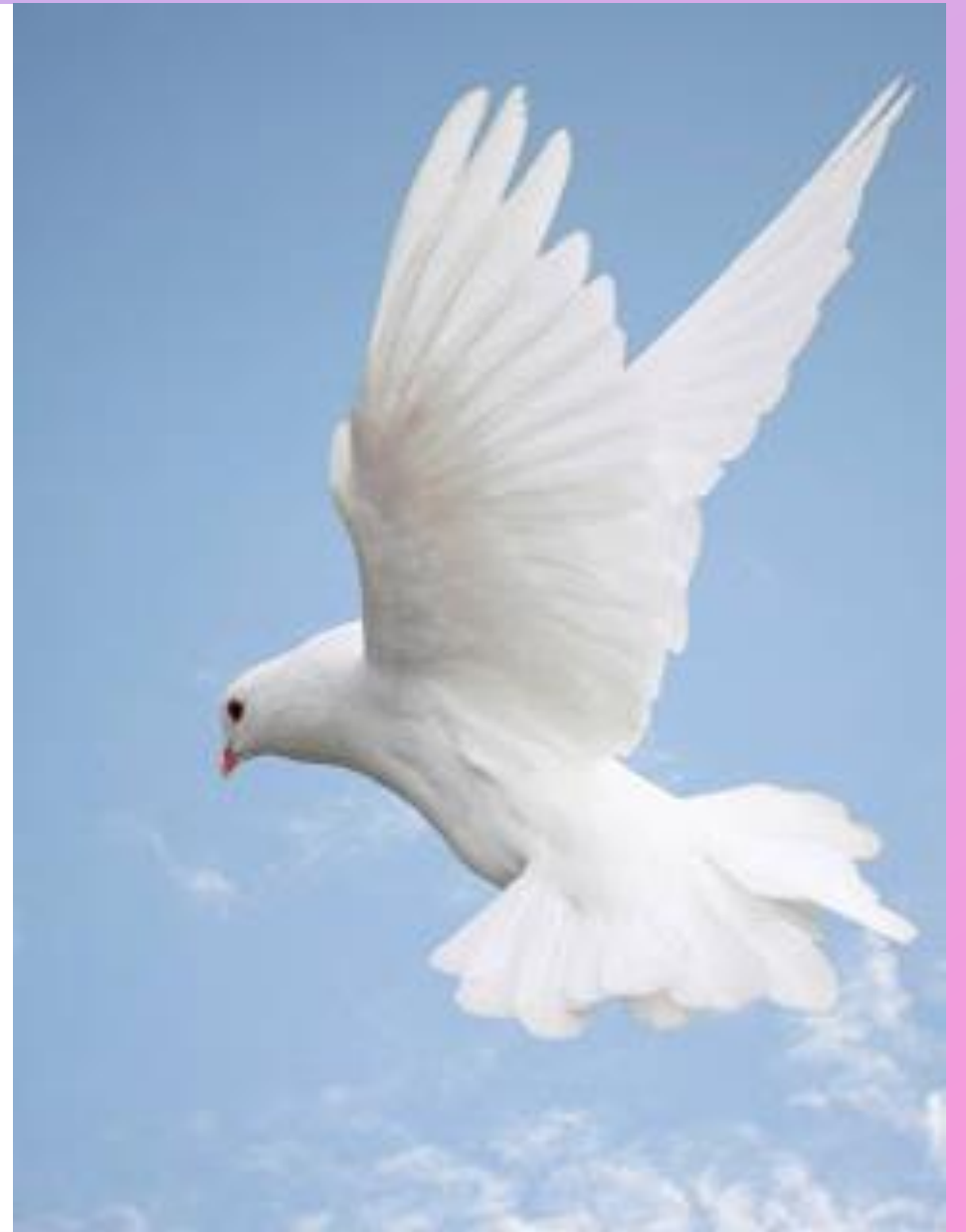
Presented on October 30, 2024

St. Jude's Episcopal Church in Niceville, Florida



1 Corinthians 6:19-20

“Do you not know that your body is the temple of the Holy Spirit, who is in you, who you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body”



Preventive Health Care for Adults



Recommended Screening Exams

By Age Groups

- 18 through the 20's (every 2-3 years)
- 30 through the 40's (every 1-2 years)
- 50 and over (annually)

Screening Recommendations

Hypertension
Lipids
Obesity
Prediabetes/ Type II Diabetes Mellitus
Cervical cancer
Breast cancer
Osteoporosis
Lung cancer
Colorectal cancer
Prostate cancer
Abdominal aortic aneurysm
Skin
Vision / Dental

Preventive therapies and counseling

- Statins for primary prevention of cardiovascular disease (CVD)
- Diet/Activity for CVD prevention
- Fall prevention
- Skin cancer prevention



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Medicare Annual Wellness Visit



HEALTH RISK
ASSESSMENT



LIMITED
PHYSICAL EXAM



SCREENING :
DEPRESSION,
FALL RISK, ETC



ASSESS
COGNITION



VACCINATIONS



ADVANCE
DIRECTIVES

Fall prevention



Stay active

Safe home

Assistive
devices for
ambulation

Emergency
Alert system

1 Timothy 4:8

"For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."



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Making healthy lifestyle choices may reduce your risk of dementia.

We don't yet know for certain what, if anything, can prevent dementia, but there may be steps you can take to help reduce your risk.



**Control high
blood pressure**



Sleep well



Eat a healthy diet



**Keep physically
active**



**Connect with
family and friends**

Learn more about these steps and other healthy lifestyle changes you can make at www.alzheimers.gov/can-i-prevent-dementia.

Is forgetfulness normal?

<https://www.youtube.com/watch?v=wX68gvahj9Q>

Vaccinations (65+)

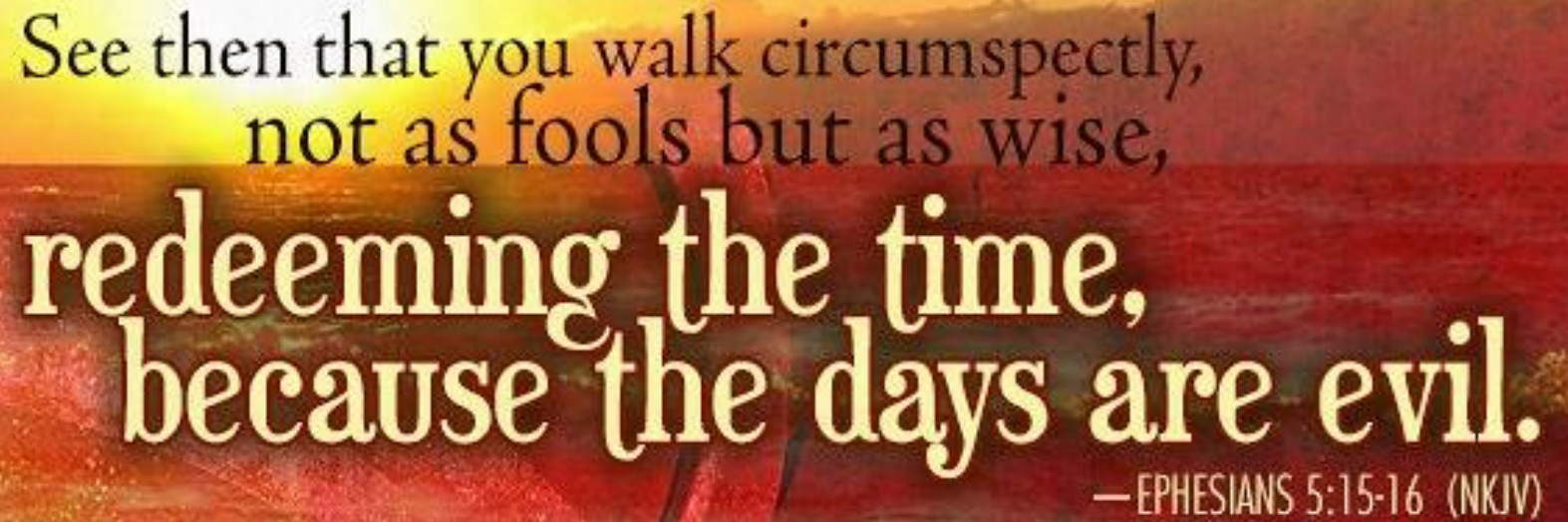
- Covid
- Flu
- Hep A (if indicated)
- Hep B (if indicated)
- RSV
- Tdap or Td
- Pneumococcal
- Shingles





Philippians 2:4

. "Each of you should look not only to your own interests, but also to the interests of others"



See then that you walk circumspectly,
not as fools but as wise,
**redeeming the time,
because the days are evil.**
—EPHESIANS 5:15-16 (NKJV)

Vitamins and Supplements

- Food as Medicine
- Fat soluble vitamins (Vit A, D, E, K)
- Multivitamin - depends on individual
- Be savvy - Don't fall for scams

Advance Care Planning

- Advance Directive
- Living Will
- Health Care Surrogate Designation
- Anatomical Donation



A Positive Lifestyle

The American College of Lifestyle Medicine recommends six pillars for achieving and maintaining a health lifestyle

- Physical Activity
- Whole Food / Plant Dominant Diet
- Restorative Sleep
- Stress Management
- Positive Social Connections
- Avoiding risky substances



3 John 1:2

"Dear Friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well"



Questions





Thank you!