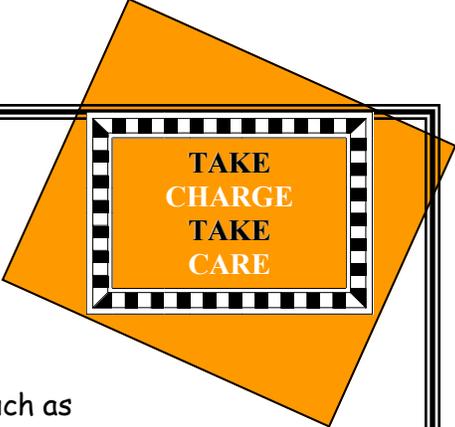


Disease Prevention and Screening



**TAKE
CHARGE
TAKE
CARE**

Preventing disease generally begins with your diet and exercise. Eating healthy foods and being physically active play major roles in preventing disease. These behaviors reduce your risk of diseases such as diabetes, heart disease, and a wide variety of cancers. They also improve your mental and emotional health.

If you are affected by disease, early detection is important and can even save your life. Health care professionals, such as those at the Noor Clinic, keep you informed about how often we should have tests or lab work to detect possible signs of illness or disease. These screenings can allow you to get preventive care before symptoms of the disease even appear.

Screenings and preventive care differ according to the particular disease. For example, not smoking (or quitting smoking) is basic to preventing lung cancer. To help prevent diabetes, heart disease and many cancers, we can avoid becoming overweight or obese.

Your health care providers can advise us about how often we should have tests such as mammograms (to look for signs of breast cancer), or a blood test to check for unhealthy levels of cholesterol (this test is called a "lipid panel"). As scientific research reveals new knowledge about screenings and diseases, the recommendations about how often (and at what ages) you should have such tests may change. That is one of the benefits of seeing a health care provider periodically: The medical staff will let you know which tests or lab work you should have done. Follow-up appointments provide the opportunity for you to learn about the meaning of the results for maintaining our health or treating symptoms of disease.

As patients, it is important for you to learn more about your health and preventing disease so that we may be partners with the doctors and nurses that care for us. The better we understand the causes of illness and ways to improve our health and fight disease, the better are our chances for leading healthy, long lives. Becoming informed also helps you to provide a health lifestyle and diet for our children, improving their chances for healthy, long lives.

When visiting doctors' offices or the Noor Clinic, you might want to take home some of the brochures. If you have access to the internet, use a reputable site such as "Web MD" to read more about medical conditions that concern you and ways to stay healthy or fight disease.