



Preventive Medicine Services In Savannah, GA

Physical Exams

To optimize preventive medicine, we recommend adults have a physical exam each year to screen for diseases, determine the risks of possible future medical problems, update vaccinations and promote a healthy lifestyle. The majority of patients only seek medical attention if they are ill. Maintaining a preventive medicine relationship with your doctor, even when you are well, will allow us to recognize potential problems, like high blood pressure, early and treat them before they become more serious. During this exam, we will discuss your family history and medical history, as well as thoroughly examine the following for any abnormal signs/symptoms that may indicate an impending medical issue:

- Skin
- Entire head
- Eyes
- Ears
- Nose and sinuses
- Mouth and pharynx
- Neck
- Back
- Breast and armpits
- Heart
- Lungs
- Abdomen
- Rectum and anus
- Reproductive Organs
- Legs
- Blood vessels
- Spine

Sports Physicals

A sports physical will determine if your child is physically fit enough to perform certain activities. Many sport organizations and schools require a physical exam prior to your child's participation in a sport. From a preventive medicine perspective, it will identify any risks your child might be exposed to.

When you visit our office for a sports physical you can often expect that we will review your health history as well as discuss your family's health history. The doctor will also:

- Check blood pressure, pulse reading
- Record weight and height
- Check lungs, heart, abdomen, ears, nose and throat
- Evaluate posture, joints, reflexes, strength, and flexibility
- Check your vision

Immunizations

One of the best preventive medicine tools are vaccines, which are one of the safest and best methods of prevention. Immunizations can be administered to patients with minor illnesses, such as an ear infection or runny nose. Patients experiencing moderate to severe sickness should not receive some vaccinations, and those with other health conditions should not be given specific vaccines or receive them at a later date.

Our office follows the Immunization Schedule recommended by the Center of Disease Control.

[Click here](#) to review the CDC's immunization schedules.

If you have any questions or concerns about yours or your child's immunizations, feel free to contact us.

Cancer Screening

Early detection is the key to surviving cancer, no matter what kind of cancer it may be. During your annual physical exam, your physician will preventive medicine screening for all types of cancer, including breast, ovarian, testicular, prostate, colon and skin cancer, just to name a few. Many factors determine when a patient should start having a

cancer screening, such as age, gender, medical history and family history. Consult your physician about when you should start receiving annual cancer screenings. It is also just as important to perform self-exams to screen for cancer of the breast, testes and skin.

Islands Family Medical Center

100 Blue Fin Circle, Suite 7

Savannah, GA, 31410

Phone: 912.897.6832

<http://www.ifmcsavannah.com>