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PINELLAS COUNTY HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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Take a Loved One for a Checkup Day - September 19

Regular health care, including preventive care, can enhance and extend the lives of those you love. That's why **September 19** is **Take a Loved One for a Checkup Day**. It's your chance to encourage those you love to visit a doctor or other health professional – or at least make an appointment to visit one.

When your friends and loved ones get connected with the right medical care, they can find answers to their health concerns. Help those you love do something good for their health on September 19. Go with your loved ones to visit a doctor or make an appointment for them. Here are some ideas everyone can use to stay healthy all year long. **The Ten-Step Countdown to Better Health...**

10: Be Informed. For health information you can trust, here are two places to start: National Women's Health Information Center www.womenshealth.gov and Healthfinder www.healthfinder.gov

9: Be Good To Your Bones. No matter what a person's age is, everyone needs enough calcium and vitamin D. For healthy bones, be sure to replenish your stock of calcium every day with plenty of foods like milk and dairy products, tofu, leafy green vegetables, canned salmon or sardines and calcium-fortified juices or breads. Learn more at www.womenshealth.gov/faq/ or www.osteoporosis.org

8: Avoid Illegal Drugs and Alcohol. For women, the definition of moderate drinking stops at one glass. And where illicit drugs are concerned, there is no such thing as "moderate" use.

7: Take Medicine Wisely. Read labels, follow instructions carefully and remind your doctor about any other medicines or supplements you might be taking that could interact with your medication. Visit www.fda.gov for more information.

6: Play It Safe. Avoid injuries. Use smoke and carbon monoxide detectors. Wear sunscreen. Practice safe sex. Learn more at www.cdc.gov/ncipc.

5: Get Checked. Get regular checkups, preventive exams, and immunizations. Don't forget self-exams, too. Find out about preventive measures you can take to stay healthy at www.nlm.nih.gov

4: Don't Smoke. It's the leading preventable cause of death in our country. For information on how to quit smoking, go to www.womenshealth.gov/QuitSmoking/

3: Eat Smart. It's the secret to good health. For information on how to eat right, go to www.PinellasWellness.com www.health.gov/dietaryguidelines/

2: Get Moving. The other secret to good health: 30 minutes of physical activity, accumulated over the course of each day, can radically improve the way you look and feel, both physically and mentally. For more information visit www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/

1: Be Happy! Take time for yourself. Get connected with family, friends, and community. Do things you enjoy!

For more info about **Take a Loved One for a Checkup Day**

U.S. Department of Health and Human Services Office of Minority Health

info@omhrc.gov • www.healthgap.omhrc.gov

Visit www.fda.gov, www.cdc.gov or www.healthfinder.gov for more information about better health.

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The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of our community through public and private partnerships in an environment that respects diversity. www.PinellasHealth.com