

## Soundbite Transcript - When's the Right Time for a Checkup?

**Dr. Leonardo Lopez, Family Practice Physician, OSF HealthCare**

“The bottom line is there are things you want to make sure are healthy and you really want to check on them yearly. Seeing a provider will make sure those things are done but at a minimum you should do those things every three to five years. For women it's particularly important for cervical cancer screening. Once you establish with a provider you can certainly talk about your risk factors and how often you need to be seen. That can change with recommendations as you get older because certain risk factors increase with age.”

**Dr. Leonardo Lopez, Family Practice Physician, OSF HealthCare**

“Other things we would look into is a possible risk for depression, possible risk for substance abuse. They'll ask you these types of questions to make sure you're not at risk or having difficulties, as well as your lifestyle and exercising – all these things are important to living a healthy lifestyle.”

**Dr. Leonardo Lopez, Family Practice Physician, OSF HealthCare**

“Ask your family if there is anything that runs in the family that might be helpful to know. Sometimes you might not know that you uncle has a certain disease or a cancer and that can affect the way we approach things when you come in for your well exam.”

**Dr. Leonardo Lopez, Family Practice Physician, OSF HealthCare**

“A lot of times I see people come in and they feel like they're coming in for a test. “Did I pass my physical examination?” It's not about passing or failing it's about what can we do to make things less risky for you and improve your health.”