

Spring clean your health

SOT

Bethany Huelskoetter, APRN (HOLES-ket-er)
OSF HealthCare family medicine provider

"Whenever we have lags where people are canceling or not following up on visits, we start seeing increased cancers or other things we're finding. Screenings were delayed. Things were not caught early enough. Let's say a colonoscopy was canceled because it was too cold outside. It falls through the cracks. Two years pass by, and you realize you never got that colonoscopy. You finally get it, and there's a tumor." (:25)

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"It can catch lung cancer early. Lung cancer doesn't have defined symptoms like colon or breast cancer. A lot of times, you catch those nodules early and monitor them yearly or every six months based on what the radiologist finds. Then we can get you scheduled for routine low-dose CTs." (:29)

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"Make sure the provider records their height and weight. The provider will do an eye exam, an ear exam and things like that. We want to make sure we're not missing anything. A lot of times, eye problems in children can be caught in school. But maybe the child isn't school age yet. We can get them in, do an exam and maybe catch something early." (:15)

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"One thing I always tell my patients: move your body. I'm not saying you need to go to the gym and do pushups, sit ups and deadlifts every day. Just move your body. Start at a pace that's good for you. If you have a sedentary job or lifestyle, get a step counter or smartwatch to track your steps and see where you're at." (:31)

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"Again, let's start small. Get an appointment with your provider, and talk about options. If you don't feel you can quit cold turkey, which is extremely hard, there are options like Wellbutrin, Chantix or nicotine patches and lozenges. Sometimes we'll even do cognitive behavioral therapy." (:23)