



Visiting a doctor is vital to keeping healthy: Many people avoid going to the doctor. While there are various reasons for this avoidance, the outcome is always the same: Less than optimum health. To maintain a healthy lifestyle, one must always remember that going to the doctor is fundamental.

Regular checkups make a difference: When a person avoids going to the doctor for a year, he or she may suffer no ill effects. But there are particular illnesses that have masked symptoms. Diseases such as skin cancer, colon cancer, heart disease and high blood pressure are just a few of the conditions that do not have obvious symptoms. If left undiagnosed, these conditions could be fatal, which is why it is important for both men and women to see a doctor at least once a year for a check-up.

Here are some answers to common excuses and some good reasons to go ahead and schedule that appointment!

No time to make an appointment: Many people cannot seem to find the time to

schedule a check-up, even though they value good health. One's health can deteriorate due to neglect; take the time to set up an appointment and keep it, no matter how busy you may be.

Fear of receiving bad news: Some people feel as if they are not in control at the doctor's office, while others are just embarrassed. They also may be afraid to receive bad news. It should be a relief to know about your condition because you may have caught it in time.

My doctor makes me feel uncomfortable: Some people avoid medical check-ups because they simply do not like their doctor. They should remember that they are the consumer of health care. If they do not like their doctor they need to find one that they do like and can relate to. Consider finding a doctor who is close in age to the patient, so they both can "grow older together."

Take a more proactive role in your own healthcare: Research your own health history. There are many diseases that run-in families; see if you may be genetically predisposed to any of them.

Remember, good health is something that should never be taken for granted. Make that appointment as soon as you can!