



Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – Importance of Annual Physicals

*Noma Moyo-Peters, D.O., with Primary Care Franklin*

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

A physical examination is a routine test your primary care provider performs to check your overall health. The exam is also known as a wellness check. The physical exam can be a good time to ask your primary care provider questions about your health or any changes or problems that you have noticed.

[DR. MOYO-PETERS]

For my initial visit with any new patient is trying to get to know them – where they're from, whether they're married, they have any children and what they do for a living – but, things that we need to know for their actual visit are, you know, do they smoke, do they drink, do they have any depression, anxiety, do they have medical problems. We'll talk about that and see what medications we may need to prescribe.

[NARRATOR]

There are different tests that can be performed during your physical examination.

[DR. MOYO-PETERS]

With physicals, we do cancer screenings, as well, like cervical cancer screenings, colon cancer screenings, prostate cancer screenings, and we also do mammograms. That allows us to pick up on precursors for cancer so that we can treat it before it gets to be something that's more invasive and will need more treatment.

Consider starting your new year, 2022, by getting your physical.

[MUSIC] [NARRATOR]

For more information, visit [MedCenterHealth.org](http://MedCenterHealth.org).

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