90 Seconds to Better Health with Noma Moyo-Peters, D.O.

[MUSIC] NARRATOR

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

Preventative medicine covers a wide range of health concerns.

DR. MOYO-PETERS

Preventative care is when you come in, let's say, once a year and we check your blood work, we do any type of testing done – and in doing that, we're trying to prevent anything catastrophic happening later on down the line.

NARRATOR

Dr. Moyo-Peters says don't wait until you're sick to see your doctor.

DR. MOYO-PETERS

You may not feel like you're sick, but we can pick up on the fact that your blood pressure is high – and that, later on, may prevent you from having a heart attack or a stroke.

NARRATOR

Another reason for preventative care is to know when you may need to see a specialist.

DR. MOYO-PETERS

I can manage up to a certain point. If it gets to where it's out of control, then we might need to refer them to an endocrinologist. But, even though I may be taking care of their diabetes, there may be certain things that they need to get done – let's say, once or twice a year; and one of them is getting an eye exam. Because I'm not an eye doctor, they need to go to an eye doctor; so, I can definitely refer them to get that done.

NARRATOR

Getting to know her patients and taking time with them is always part of every patient visit.

DR. MOYO-PETERS

You're taking care of somebody's life. They need to be comfortable with me.

NARRATOR

It's recommended you see your primary care doctor at least once a year.

[MUSIC] [NARRATOR]

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