

You Don't Need an Annual Physical

- The old “Annual Physical” used to be a visit when the doctor could review your file to ensure that all routine tests were up to date.
- With the computers in our office, we always have reminders that tell us when your tests are overdue. Therefore, an “Annual Physical” is no longer required for this purpose.
- The “Annual Physical” was also a time for a complete ‘head-to-toe’ examination. However, research has shown that this type of exam does not provide any benefit.
- Sometimes, people confuse the term “Annual Physical” with exams like their “PAP smear” test. Please note that these are not the same thing:
 - *Women under 70 years of age should still have a PAP smear test every three years, or yearly if you have ever had an abnormal PAP smear in the past.*

Instead of asking to book an “Annual Physical” ...

- Ask to book a visit for a specific concerns or questions that you may have.
- Ask if you have any blood work, tests, or cancer screens that are overdue. These can often be booked without actually seeing your doctor.
- Ask to book a visit for a PAP test, if that is what you are specifically concerned about.

Yours truly,

Dr. Adam Stewart

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