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Recommendations for Routine Well Care

To Our Valued Patient,

The doctors of Sea Girt Medical Associates understand the importance of routine health maintenance. We also realize that while many patients are seen regularly for “sick visits” or for management of ongoing disorders, well-care can sometimes be overlooked. We believe that a patient’s health is not our responsibility alone but a shared responsibility between the doctor and patient.

In an effort to help assure that your routine healthcare is not neglected, we want to remind you that **annual physical exams** are your best assurance that age appropriate screening tests and procedures are done on time. They also offer an opportunity to pick up important physical findings for which you may have no symptoms.

While not all patients wish to pursue well care, those of you who do are strongly urged to set aside time to schedule an annual physical exam. Annual physicals need to be done when you feel well, with very little, if any, “new business” or concerns. There is simply no way to cover current health recommendations for well-care during a sick visit or at a time when you have new symptoms or complaints. While we respect your right to decline any or all current health recommendations, we hope that you do so with a clear understanding of the pros and cons of your decision.

Routine well care, that is recommended for patients who feel completely well, includes but is not limited to:

- Colonoscopy for colon cancer screening
- Prostate cancer screening
- Breast cancer screening and yearly Pap smear
- Review of your personal and family health histories
- Smoking Cessation
- Vaccinations including pneumonia, flu, tetanus, hepatitis, etc.
- Bone density testing for osteoporosis
- Cholesterol testing
- Blood sugar testing for diabetes
- Thyroid testing
- Testicular cancer screening
- High blood pressure screening
- Other recommendations based on your findings

Patient Signature

Date