

Prevention Starts Before You Feel Sick



Many common health conditions develop quietly.

You can feel perfectly well and still have high blood pressure, high cholesterol, prediabetes, or other health concerns. In many cases, these conditions don't cause symptoms until they've already begun to affect your health.

That's why preventive care is so important.

It's not about looking for problems—it's about finding opportunities to keep you healthy.



WHAT HAPPENS DURING A PREVENTIVE VISIT?

A preventive visit is more than just checking your blood pressure or ordering lab work. It's a chance to look at your overall health and identify ways to reduce your risk of future illness.



WE LOOK AT THE BIG PICTURE

During your visit, we may discuss:

- ✓ Your personal and family health history
- ✓ Blood pressure, weight, and other health measurements
- ✓ Lifestyle habits such as nutrition, exercise, sleep, and stress
- ✓ Medications and any health concerns you may have
- ✓ Preventive recommendations that are appropriate for you



SMALL STEPS TODAY CAN MAKE A BIG DIFFERENCE TOMORROW.



Preventive care isn't about being perfect. It's about making informed choices and catching potential problems early, when they're often easier to manage.

Even small changes, repeated over time, can have a meaningful impact on your long-term health. 

QUESTIONS FOR KAREN



- ? What is the biggest thing I can do to improve my long-term health?
- ? Based on my health history, what should I pay the most attention to?
- ? Are there any habits that could make a bigger difference than I realize? 

Karen's Corner

One of the most rewarding parts of primary care is helping people stay healthy—not just treating illness after it happens.

Prevention isn't about expecting perfection or trying to predict every problem. It's about understanding your health, making informed choices, and building a plan that fits your life.

My goal is to help you stay as healthy as possible for as long as possible, and to support you every step of the way. 

We're here to help! 

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