

Instructions from your doctor...

STOP

START

CHANGE

RECORD

TO DO

Reduce or Stop Smoking!

Lab Tests One Week Before Next Appt

Bring All of Your Medications with You to Each Appointment!

Self Care Recommendations...

Exercise Start: *min/day* *x/week* – Goal: *min/day* *x/week*
Advance Time/Frequency Each Week If You Feel Good

Lose Weight Goal: *pounds (1-2 lbs/week)* – YOU ARE NOT ON A DIET!
No Sweet Drinks, Cut Portions by 1/3, Eat Whole Grains & Veggies
Avoid: Processed Foods, White Bread, White Rice, White Pasta, Potatoes

Sleep No TV, Computer, Social Media in the Bed Room
Go to Bed/Get Up at the Same Time Each Day
Avoid: Caffeine, Nicotine, Exercise within Four Hours Before Bed

Cold/Cough First Generation Antihistamines (Caution If Over 65!)
Chlorpheniramine, Brompheniramine, Diphenhydramine,
Dimenhydrinate, or Doxylamine (Check Label)

Nose/Sinuses Wash Inside Nose with Saline (Saltwater) Spray or Neti Pot
After 15 Seconds Blow Your Nose, Repeat As Needed

Allergies Loratadine (Claritin, *Weakest*) for Prevention Only!
If You Have Significant Symptoms Switch to...
Fexofenadine (Allegra) or Cetirizine (Zyrtec, *Strongest*)

Sun Seek Shade Midday, Limit Time, Long Sleeves, Long Pants, Hat
UVA/UVB SPF 15+ Sunscreen on Exposed Skin, Face, Neck, & Ears