

Experienced physician Paul Norwood MD publishes review of the Importance of an Annual Medical Exam

While there isn't a fixed standard that decides what will be included in an annual physical, there are some things one should expect, notes Paul Norwood MD

FRESNO, CALIFORNIA, UNITED STATES, December 28, 2018 / EINPresswire.com/ -- [Dr. Paul Norwood](#), a practising physician and medical researcher with a nation-wide reputation, based in Fresno, California, has published an article about the importance of an annual physical exam for your continued well-being. The complete review is available on the Blog of [Dr. Norwood](#) at <https://PaulNorwoodMD.blogspot.com/>



Dr Paul Norwood on Improve U Program, Fresno, California

If you're like most people, seeing the doctor when you're feeling alright is probably the last thing on your mind. Needless to say, however, even though most people don't see the doctor unless they feel like it's absolutely necessary, this approach is extremely dangerous and can delay diagnosis of underlying conditions.

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an annual medical examination is a comprehensive physical test that can help doctors understand your physical health and wellbeing through and through.”

Dr. Paul Norwood, Valley Endocrine clinic in Fresno, California

Additionally, since the symptoms of most conditions and diseases do not appear until the situation has become considerably worse, getting an annual medical exam is a great idea to figure out what exactly is going on with your body, and make the right changes to your lifestyle to prevent complications.

Still not convinced of the importance of annual medical examinations? Here are a few more reasons that can help change your mind about medical examinations and convince you to see your doctor for an annual physical examination.

Professional Screening

As unfortunate as it may sound, quite a large number of people across the globe resort to self diagnosis. While this approach may work just fine for the common cold or even the flu, other situations such as prolonged stomach pains or muscle spasms should never be ignored.

Since most debilitating illnesses, diseases, and conditions often appear in the form of symptoms that could easily go undiagnosed or mistaken for other, less severe ones, it is best to see a doctor to ensure that you are in the clear at all times. You need to in a position to be able to take prompt action should the need arise.

Risk Assessment

There are no second opinions about the fact that annual medical examinations are ideal for risk assessment. Even if the results of your medical examination come out normal, seeing your doctor regularly is a great way to ensure that you're not at risk for developing any serious conditions or illnesses down the road.

Even if there aren't any anomalies in the results of your medical examination, getting a thorough checkup once a year can help both you and your doctor understand the true condition of your health. Additionally, if, for instance, you have borderline high blood pressure or cholesterol levels with a family history of diabetes or heart disease, it will be safe for doctors to assume that you, too, are at risk. This will give you and your doctor enough time to work together and develop the appropriate course of action.

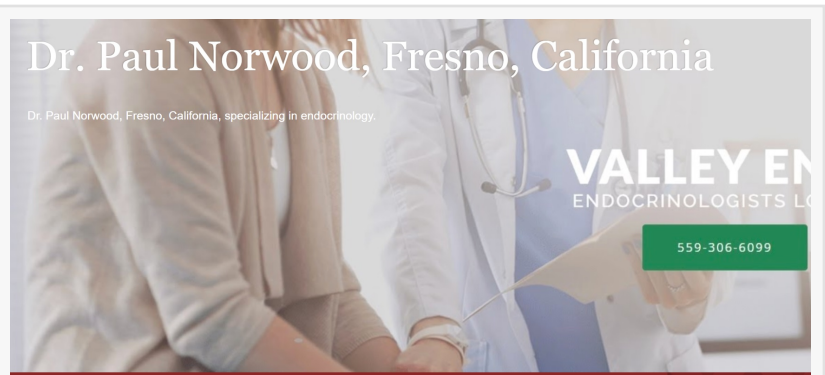
Update Vaccinations

Contrary to popular belief, vaccinations are not just for children. It is also imperative for adults to get booster shots every now and then to ensure that they are always safe and do not fall sick frequently. Additionally, since the type of vaccination that you might need depends on a number of different factors including your age, it is apt that you visit your doctor on a yearly basis for the right examinations and to update your vaccinations.

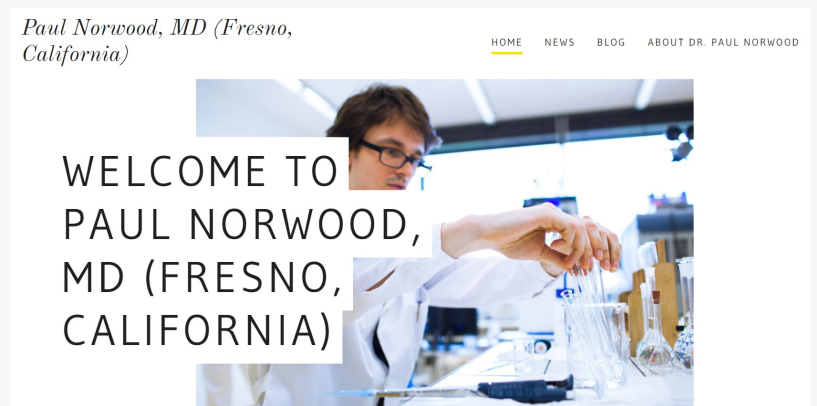
Healthy Lifestyle

Regardless of whether or not there are any problems with the results of your medical examination, visiting a doctor will help you understand the changes that you need to make to your lifestyle in order to remain healthy and active for years to come.

Additionally, since letting go of certain dangerous habits such as smoking or binge eating can be



Blog of Paul Norwood, doctor specializes in endocrinology, diabetes and metabolism



Website of Paul Norwood MD Fresno California



Paul Norwood MD, Fresno, California

difficult without the intervention of a professional, your annual medical exam doctor will also be able to provide you with the right resources to change your life for the better. And since your health depends on a number of different factors, visiting a doctor regularly for checkups will ensure that the doctor has complete understanding of your medical history and all conditions that you might have, allowing them to provide you with the best advice to achieve or maintain a healthy lifestyle.

What to Expect in an Annual Physical Examination?

While there really isn't a fixed standard that decides what will and will not be included in an annual physical examination, there are some things that you should expect in every annual physical examination.



Dr Paul Norwood, Fresno, California

When you visit your doctor for your annual physical examination, it goes without saying that your doctor will specifically ask you if you've been facing any problems with your health in recent weeks or months. Depending on your response, you will be thoroughly checked to ensure that the doctor fully understands and assesses the situation and pinpoints any underlying problems or conditions.

Next, the doctor will check your vital signs to get an idea of your overall health and wellbeing. Once your blood pressure, temperature, heart rate and respiration rate are checked, the doctor might start asking you some more basic questions about your health and physical state in general. By doing so, the doctor will not only figure out what they need to regarding your responsiveness and mental quickness, but the doctor might even throw in a question or two to test your memory.

Once this is done, your doctor will get into more thorough testing and examinations of important organs such as your lungs and heart. Using a stethoscope, the doctor will listen to your heartbeat to check for irregularities or any signs that could potentially be caused by cardiac problems or diseases. Your lungs, too, will be checked for any wheezing, crackles, or shortness of breath which could be an indicator of respiratory issues.

The overall health of your skin, sinuses, eyes, and teeth will also be checked in a physical examination so that the doctor gets a clear picture of your overall health. Finally, you should expect your doctor to check your lymph nodes, thyroid, tonsils, and ears to ensure that you're in the clear.

As evident from the details above, an annual medical examination is a comprehensive physical test that can help doctors understand your physical health and wellbeing through and through. Needless to say, owing to the thorough nature of the examination, it will not only be possible for doctors to detect or diagnose a majority of different types of problems, conditions, and diseases, but also help you regain health and stability in your life.

[Paul Norwood, MD](#), leads the team at Valley Endocrine in Fresno, California. Valued by his community for his caring and kind personality as well as his skills as a physician, Dr. Paul

Norwood is also respected nationwide for his expertise as an endocrinologist. In 1993, Dr. Norwood founded Valley Endocrine Clinic, which specializes in endocrinology, diabetes and metabolism, as well as Valley Research, which does clinical trials.

References

Video: Dr. Paul Norwood M.D. of Valley Research discusses treatments and medicine to treat conditions like diabetes, chronic migraines, <https://www.youtube.com/watch?v=-Ueoj-gOs5M>

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