

H08 Importance of Regular Checkups

February 2007

Intro: Going to the doctor for an annual exam is not most people's idea of fun. But regular checkups can help you learn about how to stay healthy. They can even save your life. That's what happened to the man you're about to meet. He's alive and well thanks in part to a regular exam.

Video

Total running time 1:35

**Bob Johnson
Businessman**

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Businessman**

**Robert Orford, M.D.
Mayo Clinic Preventive Medicine**

Audio

BOB JOHNSON IS A HIGHLY
SUCCESSFUL AND VERY BUSY
BUSINESS MAN.

"I'M KIND OF A WORKAHOLIC. I GO,
GO, GO."

LONG WORK DAYS AND LOTS OF
TRAVEL MADE IT HARD FOR BOB
TO DEVOTE TIME TO HIS HEALTH.

"I REALIZED I WAS PROBABLY
PUSHING IT, BUT I NEVER
THOUGHT IT WOULD HAPPEN TO
ME."

BOB FOUND OUT DURING A
ROUTINE CHECK-UP THAT HE WAS
A WALKING TIME BOMB.

"ON THE TREADMILL TEST HIS

HEART RATE DIDN'T INCREASE TO THE LEVEL YOU'D EXPECT. HE HAD AN 80-PERCENT BLOCKAGE IN THREE OF THE VESSELS OF HIS HEART."

MAYO CLINIC DOCTOR ROBERT ORFORD SAYS WITHOUT INTERVENTION, A BYPASS, BOB WOULD LIKELY HAVE HAD A HEART ATTACK. BOB WILL NEVER FORGET HOW DR. ORFORD TOLD HIM THE NEWS.

Bob Johnson

"HE SAID, 'THIS IS YOUR LUCKY DAY. YOU HAVE A GUARDIAN ANGEL, YOU'RE BLESSED.'"

THAT'S BECAUSE BOB'S REGULAR EXAM HELPED HIM GET THE TREATMENT HE NEEDED TO PREVENT A HEART ATTACK.

Robert Orford, M.D.
Mayo Clinic Preventive Medicine

"AS MUCH AS 60-PERCENT OF THE CASUES OF DEATH ARE PREVENTABLE THINGS (LIKE HEART DISEASE AND CERTAIN

**Standup
Vivien Williams
Reporting**

FORMS OF CANCER) THAT CAN BE
PICKED UP EARLY BY PROPER
SCREENING.”

DURING REGULAR CHECK-UPS
YOUR DOCTOR TAKES YOUR
FAMILY HISTORY AND PERFORMS
ROUTINE TESTS, SUCH AS
CHECKING BLOOD PRESSURE,
HEART RATE, AND CHOLESTEROL.
HE OR SHE ALSO MIGHT
RECOMMEND OTHER TESTS IF
YOU’RE AT RISK FOR THINGS LIKE
HEART DISEASE, STROKE OR
CANCER. THOSE TESTS DURING
DOCTOR VISITS CAN HELP
IDENTIFY PROBLEMS AND
POSSIBLY STOP BAD EVENTS
FROM HAPPENING. BOB
CONSIDERS HIS EXPERIENCE TO
BE A WAKE UP CALL.

Bob Johnson

“I GOT THE MESSAGE.”
NOW HIS HEALTH IS BOB’S
NUMBER ONE PRIORITY. FOR

MEDICAL EDGE. I'M VIVIEN
WILLIAMS.

Anchor tag:

How often should you have regular check ups? That depends on several things, but in general, if you're in good health, it has to do with age. If you're an adult under 50 have a thorough medical exam at least once every two to three years. From 50 to 60, every two years. And if you're over 60 a yearly check up is best. For more information on regular exams and Mayo Clinic's Executive Health Program visit our Website at <http://www.mayoclinic.org/executive-health>. [STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]