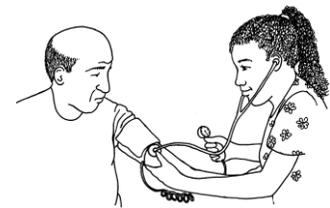


Pre-Reading Discussion: Why might someone (including you or your family members) go to a health professional when they **aren't sick**?

Reading Passage Section 5: Preventive Care/Regular Checkups

To make good health decisions, you need to know how to practice preventive health care to stay healthy.

Do you have regular **checkups** with your doctor and dentist even when you are not having problems? If you do, then you are getting **preventive** health care. Checkups tell health professionals about your health. If they find a problem, then they can help you before it gets too bad.



Talk to your health professional about how often to have checkups. Most people should see a doctor once a year and a dentist every six months for checkups. Babies usually need checkups more often.

During a checkup, a doctor will examine you. The doctor may also do tests that screen for medical problems like high blood pressure, diabetes, and high cholesterol. Doctors may give you shots to prevent flu, tetanus, hepatitis, and other diseases. During a dental checkup, a dentist will examine your teeth, gums, and tongue, and a dental professional will clean your teeth.

Preventive care is more than having checkups. Preventive care is also how you take care of yourself between checkups.