Christ is our Divine Healer. And, in His Divine Wisdom, He places the desire, knowledge, perseverance, talents and graces in those whom we call medical professionals in order that they may be His hands in helping us on our journey when we are physically or psychologically ill. Not only do doctors, nurses, psychologists, etc. come along side when we are ill, but they promote ways of wellness to help us keep our minds and bodies fit for His service.

I don’t know about you, but when it comes to remembering how often I should get this, that or whatever regularly checked on or checked out, I rely heavily on text or phone call appointment reminders. But, to try and stay ahead of potential problems, it is always a good idea to know when regular, routine checkups should occur. If you do not have a primary care physician, GET ESTABLISHED WITH ONE NO MATTER HOW OLD YOU ARE! Need help finding one? Let me know.

PHYSICAL EXAM
According to Healthline.com (click here or visit healthline.com and search “routine checkups), how often you need to get a checkup should be based on your age, risk factors and current health. Unless you have a chronic illness like diabetes, heart disease or COPD—in which case you should see your doctor regularly and often—it is generally recommended that a physical should...

- occur once every 3 years if you’re under 50 and in good health
- occur once a year when you turn 50

VISION EXAM
According to the Mayo Clinic (click here or visit mayoclinic.org and search “eye exam”) and the American Academy of Ophthalmology, eye exams should...

- begin at age 40 if you have no vision problems
- be checked every 1-2 years after age 60
- be checked more often if you wear glasses, contacts or have family history of eye issues
- be checked more often if you have a chronic illness like diabetes
- be checked more often if you take medications that can affect your eyes

(continued on next page)
DENTAL EXAM

According to the Centers for Disease Control and Prevention (click here or visit cdc.gov and search “oral health tips”), dental exams should...

- happen at least once a year even if you have no teeth or wear dentures

I would like to offer the following prayer taken from Consecration to Jesus through Saint Joseph

Grant, O Lord God, we beseech You, that we Your servants may rejoice in continual health of mind and body; and, through the glorious intercession of Blessed Mary ever Virgin, may be freed from present sorrow, and enjoy eternal gladness.

Through Christ our Lord.

Amen

Welcome to Fr. Ignitus Nimwesiga who joins Fr. Nelen at the Cathedral of St. Joseph Parish. Please continue to hold those who are struggling with illness in your prayers.

Peace,

Kimie

Your Priest Wellness Nurse