Hello.

When Dr. Vandana Bhide makes a connection with a Mayo Clinic patient,

Can I just take a listen to you?

she hopes he already has a long-term relationship with another physician — through regular physicals.

It’s important to develop that relationship with your physician. And, that’s probably the most important piece about why a physical exam is valuable.

An exam can detect physical abnormalities such as a breast lump, prostate nodule or a heart murmur.

Exams also create a valuable timeline of your health in numbers, including some readings you might not have considered.

Evaluate what your cholesterol is, what your sugar is. Know what your blood pressure is.

Sounds in an exam room
And, if a few of your readings need tweaking, your primary care doctor can partner with you on a plan for change.

Is it safe for you to, for example, start an exercise program?

If you’re interested in eating healthy, what are the kinds of food to avoid?

I really encourage people to have your physician as your partner in this journey.

If all goes well, it’s a journey that will involve fewer trips down hospital hallways.

For the Mayo Clinic News Network, I’m Jeff Olsen.