

Mayo Clinic Minute

Physical Exams

VIDEO	AUDIO
	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.
Title: VANDANA BHIDE M.D. INTERNAL MEDICINE Mayo Clinic	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.
GRAPHIC: PHYSICAL EXAMS (reveal) Breast lump (reveal) Prostate nodule (reveal) Heart murmur	An exam can detect physical abnormalities such as a breast lump, prostate nodule or a heart murmur.
Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	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.
	<i>Sounds in an exam room</i>

	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.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.