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## PREVENTIVE CARE FOCUS OF NATIONAL CAMPAIGN THIS SEPTEMBER



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**Tallahassee, Fla.**—The Florida Department of Health invites you to join “Take a Loved One to the Doctor Month.” This national campaign encourages all Floridians to take charge of their own health and encourage loved ones to do the same. The 2015 campaign theme is “Keep Yourself Healthy; and Encourage Loved Ones to Do the Same by Getting a Check-up or Preventive Screening.”

“‘Take a Loved One to the Doctor Month’ is a wonderful opportunity to remind our family members and friends of the importance of healthy choices,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Going for a family walk, getting a regular health check-up and participating in community health events are important ways to shape health together.”

The campaign is inspired by the “Take a Loved One to the Doctor Day” national initiative, which is celebrated annually on the third Tuesday in September. The department is reminding Florida residents of the importance of seeking health care by extending this observance all month long.

Regular wellness visits can help you learn how to maintain a healthy weight, monitor cholesterol levels and control high blood pressure. According to the Centers for Disease Control and Prevention, chronic diseases, such as heart disease, cancer and diabetes, are responsible for seven of every 10 deaths among Americans each year and account for 75 percent of the nation’s health spending. These chronic diseases are largely preventable through close partnership with your health care team, and can be detected early through appropriate screenings, when treatment works best.

More information about Take a Loved One to the Doctor Month is available at <http://www.floridahealth.gov/DoctorMonth>

### About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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