

IT'S TIME TO SEE

Your Doctor



**When was the last time** you visited your primary care provider (PCP)? If it's difficult to remember, it may be time to reevaluate your approach to health. Your PCP is your go-to expert when you're not feeling well. But even more importantly, your PCP can help prevent health issues before they occur. Here's what you need to know:

### PRIMARY CARE VISITS ARE FOR EVERYONE

Do you already see a specialist for a diagnosed health condition, such as diabetes or heart disease? Perhaps you've always been healthy and never felt like you needed to see a doctor. Regardless of your health status, you can benefit from annual well visits with your PCP.

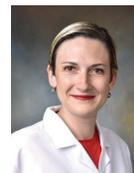
Don't rely *only* on care from specialists either. "Specialists are experts in a specific field of medicine, but your primary care provider is focused on your overall health and wellness," says Dora Leibur, DO, family medicine physician. "As primary care physicians, our biggest role is prevention. We are trained to

evaluate and address health concerns, keeping illness at bay so intensive treatment isn't necessary. At Summit Medical Group, PCPs work closely with specialists and can help orchestrate care among them to deliver highly coordinated, multispecialty care."

### PREVENTION IS THE KEY TO GOOD HEALTH

PCPs guide patients in needed vaccinations and screening tests to help prevent major health issues. For example, colon cancer screening allows doctors to detect and remove precancerous tissue before it has the chance to turn into cancer. PCPs also track health markers, such as weight, cholesterol, and blood glucose, to flag possible health concerns.

"The optimal time to address a medical issue is before it becomes a problem," says Dr. Leibur. "Many chronic health problems, such as high blood pressure and diabetes, don't cause symptoms in their early stages. By seeing your primary care physician and undergoing simple tests, you can



**Dora Leibur, DO**  
Family Medicine

detect and address these issues before they greatly impact your health."

### YOU HAVE HELP BOOSTING YOUR IMMUNE SYSTEM

More than ever before, the past few months have taught us the value of a healthy immune system. To ensure your virus-fighting system is at its best, partner with your PCP.

"Anytime our health is not optimized, our immune system is compromised. For example, uncontrolled health issues or poor lifestyle choices can unknowingly occupy the focus of our immune system," explains Dr. Leibur. "We help patients focus on overall health and well-being, so their immune system is equipped to handle anything that comes its way, such as coronavirus."