

Words about Wellness

UNC DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

Time for a Check Up !?!



April 2021 "Words About Wellness" is brought to you by:

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One year B.C. (Before COVID), I was taking pretty good care of myself. Eating right (thanks to my wife/partner), exercising (fairly) regularly, and making sure to get a good night's sleep. Over the next 10 years, though (OK – maybe it only feels like it's been 10 years), some of my regular self-care routines were pushed aside as I joined everyone else in trying to make sense and survive during in an ever-evolving international health crisis. As we (hopefully) move closer towards the end of this pandemic, I've begun to take stock of where I am (a little older, a little grayer, a little heavier) and reconsider how I want to be as I move myself forward into the future. First things first , though. Where do things stand today?

In order to figure that out, I realized that I needed to check in on myself through some check-ups with my providers. As we well know, during the pandemic, most medical offices closed their doors and patients had their appointments rescheduled to a later date. As a physician and administrator, I kept a close watch on our clinic numbers, on our use of telehealth, and, finally, on our return to seeing patients in-person.

What I failed to do, I now realize, was to be as mindful of my own appointments as a patient as I was my clinic schedule as a physician. It's now been over a year since I last saw my dentist at Carolina Dentistry; Over a year since my last check up with my Internist at the Ambulatory Care Center; Quite a while since my last eye exam as well.

I share these Words About Wellness with you for two reasons: First, to help motivate myself to resume my well-person care. I knew that I couldn't write this piece if I hadn't already taken steps to catch up on my check ups. And it worked ! I've scheduled a visit with my internist (who is now seeing patients at the ultra-close Eastowne Clinics (less than a mile from the CRC !) and I've got an appointment with an eye doctor next week. Getting back into my dentist's office has been a little more challenging, but I'll try calling them again tomorrow morning.

The second reason is to encourage you to do the same, if you are so inclined. As we start to recover, rediscover, and remake ourselves in a post-pandemic world, I hope you will join me in taking advantage of the high- quality medical, dental, vision, and other health care services we enjoy here and (if you've been a laggard like me) renew your regular health routines, starting by scheduling check-up visits with your own health care providers.

Be Well,

Josh