



TEN MOST COMMON HEALTH MISTAKES

1. Not having a plan – not preparing for age-related health issues
2. Not knowing your or your family's health history
3. Not having swift access to key medical records
4. Being passive or withholding questions during doctor visits
5. Ignoring lifestyle factors proven to affect health, vitality and longevity (e.g., smoking, weight, exercise)
6. Ignoring symptoms, therefore preventing early detection
7. Allowing a busy professional life to prevent you from vital screenings (e.g., mammograms, colonoscopy)
8. Getting only one opinion in the case of a serious diagnosis
9. Traveling without medical preparation
10. Being unaware of rapidly changing medical advances

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