



Craven's 100,000km Tune-up

Things You Can Do or Orchestrate Yourself:

- See your family doctor and physiatrist at least once a year
 - Keep a running list of your surgeries, medications and allergies
 - Keep a home library of your images (CT, X-ray, MRI)
 - Carry your autonomic dysreflexia management card in your wallet
 - Get an annual kidney and bladder ultrasound, as well as cystoscopy and/or urodynamic study as advised by your urologist
 - Prevent pressure sores through routine pressure relief (3-4 times per hour), and regular cushion checks
 - Ask your doctor if you require breath stacking, or annual breathing or sleep apnea screening tests
 - Get your flu shot each fall and keep your vaccinations (tetanus) current
 - Check your bone density every 1-2 years
 - Eat 15-30 grams of fibre and drink 1.5-2L of clear fluids each day
 - Get routine cancer screening, and do your own monthly self exams
 - Ask your doctor to check your heart rate, blood pressure, blood sugar and cholesterol every year.
 - Check your weight and maintain a healthy body mass index
 - Minimize your lifestyle risks by not smoking and reducing your caffeine and alcohol intake
 - Practice your stress reduction strategies
 - Consider volunteering or participating in research
 - Routinely service and/or replace your wheelchair and equipment as appropriate
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