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