

### What to expect at your complete physical Examination:

- Thorough personal and family history
- **Vital Signs:** such as blood pressure; pulse; temperature; height; weight and BMI
- **General Appearance:** Your doctor gathers a large amount of information about you and your health just by watching and talking to you. How is your memory and mental quickness? Does your skin appear healthy? Can you easily stand and walk?
- **General Exam may include the following:** Heart Exam; Lung Exam; Head and Neck Exam; Abdominal Exam; Neurological Exam; Dermatological Exam; Extremities Exam.

### Male Physical Exam:

An annual physical exam for men might also include:

- **Testicular exam:** A doctor can check each testicle for lumps, tenderness, or changes in size. Most men with testicular cancer notice a growth before seeing a doctor.
- **Hernia exam:** The famous "turn your head and cough" checks for a weakness in the abdominal wall between the intestines and scrotum.
- **Penis exam:** A doctor might notice evidence of sexually transmitted infections such as warts or ulcers on the penis.
- **Prostate exam:** Inserting a finger in the rectum lets a doctor feel the prostate for its size and any suspicious areas.

### Female Physical Exam:

A woman's annual exam might include:

- **Breast exam:** Feeling for abnormal lumps may detect breast cancer or benign breast conditions. The doctor will also check the lymph nodes in the underarm area and look for visual abnormalities of the breasts.
- **Pelvic exam:** The pelvic exam allows examination of the vulva, vagina, and cervix. Routine checks for sexually transmitted infections are often done.
- **PAP:** A Pap test can screen for cervical cancer.

### Additional Laboratory Tests:

- Complete blood count
- Chemistry panel
- Urinalysis (UA)
- Basic Lipid Panel
- TSH (Thyroid)
- Vitamin D
- PAP (Female)
- PSA (Male)

Other test that may be performed at an annual physical examination:

- EKG

**PLEASE NOTE: Tests done at a physical examination are based on the discussion between patient and provider. Some tests may not be necessary.**