

# MARYLAND INTERNAL MEDICINE, INC.

12210 Plum Orchard Drive, Suite 212  
Silver Spring, Maryland 20904  
Phone (301) 593-6844 Fax (301) 593-3832  
www.mdinternalmedicine.com

Print Patient Name \_\_\_\_\_

Patient Signature \_\_\_\_\_

Date \_\_\_\_\_

## **TWELVE ESSENTIALS TO GOOD HEALTH**

1. Maintain proper weight (ask doctor for recommendations)
2. Decrease salt in diet
3. Exercise
4. Relax
5. Don't smoke or use drugs
6. Don't drink (or limit to 1-2 ounces of alcohol per day)
7. Use seat belts (driver and passenger)
8. Use condoms
9. Watch sun exposure
10. Firearms are dangerous
11. Maintain a positive outlook
12. Listen to your doctor