



## **Preventive Care: The Best Way to Treat Illness is "Don't Get it"**

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It is simplistic to say, but the best way to treat any disorder is “don’t get it.” This is particularly true in the case of Type 2 Diabetes, Hypertension and Obesity. SETMA’s medical home is focused on health and wellness, which includes the prevention these most common disorders. The following tutorials explain SETMA philosophy and plans in this prevention effort.

- **[Preventing Diabetes Tutorial](#)**

Assessing patients at risk for diabetes and giving them strategies for preventing the development of diabetes.

- **[Preventing Hypertension Tutorial](#)**

Recognizing that everyone who does not have hypertension at age 55, has a 90% life-time risk of developing hypertension strategies are recommended to patients for how to avoid hypertension.

- **[Weight Management Tutorial](#)**

- **[Intensive Behavioral Therapy \(IBT\) Obesity and Cardiovascular Disease Medicare Preventive Services](#)**

- **[Initial Preventive Physical Exam & Annual Wellness Visit Tutorial](#)**

## Preventive Health and Wellness Questionnaires

- [Fall Risk](#)
- [Global Assessment of Functioning/Pain Assessment](#)
- [Stress Assessment](#)
- [Wellness Assessment](#)
- [Sleep Study Assessment](#)
- [Karnofsky/Lansky Performance Scales](#)
- [Palliative Performance Scale for Cancer Patients](#)
- [Braden Scale Clinically Unavoidable Skin Lesions](#)
- [Functional Assessment Testing Alzheimer's \(FAST\)](#)
  
- [\*\*Nutrition Tutorial\*\*](#)
- [\*\*Pain Management Tutorial\*\*](#)
- [\*\*Skin Care Tutorial\*\*](#)
- [\*\*Depression Tutorial\*\*](#)