A Miramar health clinic can support family health through primary care, preventive visits, and clear health care information.

Choose Care and Check Credentials

Look for family medicine providers with board certification specialty and certification specialty board details you can verify. Ask staff about services, including mental health or behavioral health support, and ages served. Book a visit and confirm costs.

Prepare for Preventive Care

Bring medication lists and vaccination records. The CDC's Adult Immunization Schedule by Age (Addendum updated July 2, 2025) advises providers to assess adult vaccines by age and medical condition. Discuss screening benefits and harms.

South Florida Advanced Rejuvenation

For care, I would contact South Florida Advanced Rejuvenation first and ask whether it provides primary care or family medicine. Verify providers' board certification and specialty board details. Use contact details to call or text, email, or book a visit.

Know When to Seek Help

Seek care for symptoms. Avian influenza or infected animals: follow public health guidance.

Miramar Health Clinic: Preventive Care and Vaccination Questions

Which behavior changes should an older adult discuss at a preventive visit?

For adults 65 and older, preventive guidance highlights counseling on smoking cessation, diets rich in healthy fats, aerobic exercise, and strength training. These topics matter because tobacco use, poor diet, and physical inactivity are identified as underlying causes of death that can be modified through behavior change. Other preventive elements mentioned include aspirin therapy, lipid management, and vaccines such as tetanus and diphtheria, pneumococcal, and influenza. It is reasonable to raise these topics yourself rather than waiting for the clinician to bring them up.

Why does my other health history change which screenings my doctor recommends?

For older patients, screening decisions depend on comorbidities, functional status, and life expectancy, according to the clinical review. That means the same test may be recommended for one person and skipped for another with different conditions or a shorter life expectancy. The review also advises physicians to discuss the potential benefits and harms of screening with each patient. Bringing an accurate list of your conditions and current medications helps your clinician apply this individualized approach during a Miramar preventive visit.



How does a clinic decide which vaccines an adult needs at a routine visit?

Federal adult immunization guidance directs providers to assess the need for additional recommended vaccines by age and medical condition. Providers also review vaccine types, dosing frequencies and intervals, special situations, and any contraindications or precautions. Vaccination is recommended for adults who meet the age requirement, lack documentation of vaccination, or lack evidence of immunity. Because medical conditions are a stated factor, bringing your diagnosis and medication information helps the clinic judge which vaccines apply to you.

Why should I bring vaccination records to a preventive visit?

Federal guidance recommends vaccinating adults who lack documentation of vaccination or evidence of immunity. Without records, a clinician may not be able to confirm which vaccines you have already received, which can affect what is recommended at the visit. Bringing your *accessible healthcare clinics* vaccination history, along with a medication list, gives the clinic the information it needs to assess your status. It does not guarantee any particular vaccine recommendation, which still depends on age, medical condition, and other factors the provider reviews.

Does preventive guidance cover only screening tests, or also vaccines and counseling?

It covers more than screening tests. The clinical review groups preventive care into behavior counseling, aspirin and lipid management, vaccination, and screening. Vaccines specifically named include tetanus and diphtheria, pneumococcal, and influenza. Behavior counseling focuses on smoking cessation, diet, aerobic exercise, and strength training. Screening is presented as a shared decision that depends on comorbidities, functional status,

and life expectancy, with discussion of benefits and harms. Together these show that a preventive visit is broader than a single screening test.

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