

**Maryland
Internal
Medicine, Inc.**

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

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