

The Importance of Having a Primary Care Provider

Like many busy adults, you might not think about going to the doctor until you wake up one morning with a sore throat or an uncontrollable cough. If you don't have a primary care doctor, you're likely to head to the nearest urgent care for some medication that can get you back to work as soon as possible. While this cycle meets your healthcare needs in the short run, other underlying issues could easily go undetected. As we head into the new year, consider the importance of having a primary care provider.

The Role of a Primary Care Provider

A primary care provider, or PCP, is a medical professional that assists you in managing your overall health. Rather than seeing a doctor one time for a particular ailment, you'll establish a long-term relationship with your PCP, visiting at least once a year, or more, to monitor your overall health and treat illnesses.

Your PCP will often serve as your first point of contact when health concerns arise. They'll track your vitals and health history and create treatment plans for both chronic and acute illnesses. While PCPs have vast knowledge and experience in health care, they can also refer you to specialists when needed.

The Benefits of Preventative Care

It certainly makes sense to seek treatment when you're sick or experiencing troublesome symptoms, but sometimes the signs of a health issue are much more subtle. That's why it's important to schedule regular visits with a PCP.

Annual well visits allow your primary care provider to track and monitor your overall health, though blood tests, screenings, and other measures. Then action can be taken before certain health issues get out of hand. For instance, if your PCP notices an increase in your cholesterol or blood sugar, they can recommend specific lifestyle changes to keep chronic illnesses like diabetes at bay, and they'll follow up to ensure those changes have been effective.

Continuity of Care

Urgent care and emergency doctors perform a critical service in our healthcare system. However, when you only seek treatment at these locations, not only are you likely to see a different doctor every time, they'll also be getting only a snapshot into your health history.

When you have an established relationship with a primary care provider, your entire health history will be taken into account when making medical decisions. This can result in more accurate diagnoses, medication management, and better treatment outcomes in the long run.

If you're looking to establish a relationship with a primary care provider, give Carolinas Health and Wellness a call. Not only can we provide experienced preventive care, we also offer a variety of other services, including hormone therapy, aesthetic services, and neuropathy treatments. We'd love to meet with you and discuss improving your health and quality of life for years to come.