

# ASK LARRY

## “Do I Really Need An Annual Physical?”

**Q:** I'm 75, male, healthy and feel pretty good most of the time. I hate getting my annual physical which lasts maybe 15 minutes and seems to be a waste of my time and my doctor's. Unless there is something really bothering me healthwise, do I really need an annual physical? —John



**A:** If you're feeling good, you probably don't need one. A growing number of doctors believe that a routine, annual physical is a waste of time and money and basically worthless. After taking an annual physical last month, I, too, question the need.

What can a doctor really learn about your health in 15 minutes? Not much. Other than asking perfunctory questions like “how are you,” that's pretty much it. And that's not a slam against my doctor or any doctor. Our current healthcare system is at fault, not the healthcare professionals.

My suggestion: become your own doctor and take charge of your own health. If healthy, skip the annual physical and colonoscopy. Take the annual flu shot and monitor your blood pressure at home. If something is worrying you, then see your doctor.

**Q:** My husband of 40 years died last year and I'm so lonely now. We have no children, family or even close friends. Would a robot help ease the loneliness? —Martha

**A:** So sorry for your loss. Although there is no substitute for a human touch, a robotic companion or assistant such as Amazon's Echo or Elli-Q from Intuition Robotics may bring some purpose and joy in your life. Above all, try to stay positive and engaged in life.

### Got a question?

Ask me anything. Email: AskLarry@activeOver50.com. Or call 408.921.5806. “Ask Larry” is written by Larry Hayes, CEO/publisher of ActiveOver50 media.

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