

For Men of All Ages

A periodic complete physical examination is recommended once every 3 years if you are less than age 40 and every year if you are age 40 or over.

- Your visit will include a discussion regarding exercise, diet, substance use, sexual behavior and prevention of injury
- The examination should also include screening for heart disease, cholesterol disorder, diabetes, high blood pressure, prostate disease, colon cancer, vitamin D levels and calcium levels
- Immunization history is reviewed and updated



OFFICE HOURS

Family Physician Associates

515 Hospital Drive
Shelbyville, KY 40065
502-633-3525

Monday through Saturday

8:00 a.m. – 5:00 p.m.

Tuesday/Thursday until 7 p.m.

Saturdays by appointment only

Family Physician Associates

150 Fairview Court
Eminence, KY 40019
502-845-5672

Monday through Friday

8:00 a.m. – 5:00 p.m.

Tuesday until 7 p.m.

SICK HOURS

No appointment needed

8:00 a.m. – 9:00 a.m.

Monday through Friday

Telephone Instructions

Press the following number:

2 – appointments

3 – refills

4 – billing questions



M E N ' S H E A L T H

 **Family Physician
Associates**

Jewish Physician Group

 **Family Physician
Associates**

Jewish Physician Group

Care Guidelines for Different Age Groups

- Ages 18-39: Emphasis on testicular self exam, blood pressure and cholesterol
- Ages 40-49: Yearly checkups to include prostate exam and colon evaluation if family history of colon cancer
- Over age 50: Yearly checkups to include prostate exam, periodic screening for colon cancer, consider bone density



Health Tips

An aspirin tablet once a day may prevent a heart attack or stroke.

There may be no symptoms of high blood pressure. Get your blood pressure checked!



We recommend that you get checked once a year after age 40.

Always wear your seat belt.

Periodic checkups give you an opportunity to discuss any health matter.



Family Physician Associates

Jewish Physician Group

James R. Smith, M.D.

Board Certified Family Physician

David W. Wallace, M.D.

Board Certified Family Physician

David A. Jones, M.D.

Board Certified Family Physician

Edward L. Sames, M.D.

Board Certified Pediatrician and Internist

Kenneth A. Gardner, M.D.

Board Certified Emergency Medicine

Georgia P. Harrod, MPAS, P.A.C.

Certified Physician Assistant

Laura E. Davis, MPAS, P.A.C.

Certified Physician Assistant

