

Health Check

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 **Kelsey-Seybold Clinic**
Changing the way health cares.™

Healthy Aging Means Staying Ahead With Preventive Care



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Internal Medicine

Dr. Abdullah cares for patients at **Kelsey-Seybold's Meyerland** location. He treats patients of all ages for a wide range of medical conditions, such as high blood pressure, diabetes, and high cholesterol. He offers in-person and Video Visit appointments.



Healthy aging is about staying engaged in your life and maintaining independence as your needs change over time. Proactive, preventive care can help support that goal by identifying health concerns early and keeping your care aligned with what matters most to you. As you move through different stages of life, recommended screenings and health priorities may change, making regular check ins with a primary care doctor especially important.

A primary care doctor who knows your health history can help you make sense of those changes. Preventive visits create space to review how you're feeling, talk through concerns, and decide which screenings or follow up care may be appropriate at your age. Staying connected to a doctor you trust can bring clarity and confidence.

Your primary care doctor can also play an important role in coordinating care when you're managing ongoing conditions or seeing more than one specialist. When your care team shares information, each visit builds on what's already known. This helps keep your care plan consistent and focused on your needs, even as appointments and recommendations evolve.

Signs it may be time to make an appointment:

- You're unsure which screenings are recommended for your age or health history.
- You haven't had a preventive visit in more than a year.
- You're managing chronic conditions and want to be sure your care plan still fits.
- You've noticed changes in memory, balance, or physical strength.
- You take several medications and would like a careful review.
- You've postponed your own visits while caring for someone else.
- You're planning a move or retirement and want to stay on track with your care.

Preventive care becomes more valuable as your health needs change with age. Screenings for conditions such as high blood pressure or certain cancers can offer a clearer picture of your overall health and help guide decisions before symptoms interfere with daily routines. Your primary care doctor can help you understand which screenings make sense for you and when they should be done.

Managing chronic conditions often involves small adjustments over time rather than sudden changes. Regular visits allow your doctor to review test results, discuss how symptoms may be affecting your day to day life, and adjust care as needed. This ongoing attention can make it easier to maintain comfort and function.

At Kelsey Seybold Clinic, your care is supported through one connected system. Your primary care doctor and specialists work from one medical record to help keep preventive visits, age based screenings, and specialty care aligned over time. This coordinated approach supports long term relationships with your providers and helps your care adapt to your changing needs.

To schedule a visit, call **713-442-7038**, visit **kelsey-seybold.com**, or visit **MyKelseyOnline** patient portal.