

Health Maintenance Guidelines

Children: Children under 3 should be seen every 6 months.

Children over 3 years of age should get annual physicals and health assessments including diet and exercise. Blood work should be considered around age 10 for assessment of cholesterol and anemia.

Women: Women under age 40 should have fasting blood work done every 3-5 years (that includes Chem 21, CBC, TSH), annual gyn exams and consider baseline mammogram by age 40.

Woman from 40-50 years of age need blood work every 2 years, annual gyn exams, definite consideration of mammograms (maybe not annually), and consideration of special blood work for bone loss and heart disease

Woman who are 50 years or older should have annual blood work and gyn exam as well as, consider baseline bone scan, colonoscopy, routine mammograms.

Men: Men under age 40 should get annual exams and blood work every 3-5 years, that includes Chem 21, CBC and a PSA (prostatic specific antigen).

Men ages 40-50 years old should have blood work every 2 years, annual exams including prostatic exam, and consider special blood work for heart disease.

Men who are 50 years or older should have annual blood work and annual physical and should consider stress EKG, and colonoscopy



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