

Guidelines for Seeking a Medical Evaluation for SD

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It is good health practice to have a regular physician (family practice, internist) with whom you are comfortable, and to have a general physical examination regularly. How regularly?

If you are in good health and:

- (a) you are younger than 30 years old, have an exam at least every 5 years.
- (b) 30 - 45 years old, have an exam at least every 4 years.
- (c) 45 - 60 years old, have an exam every 2 years.
- (d) 60 or more years old, have an exam every year.

Consult your MD if:

- (a) You are taking medication on a regular basis.
- (b) You have a family history of:
 - (1) significant medical illness (such as diabetes, cancer).
 - (2) severe developmental illness (such as cystic fibrosis, multiple sclerosis, thyroid, or other endocrine problems).
 - (3) genetic problems (heart disease, obesity, neurological)