



THE THAYER GROUP FOR WOMEN'S CARE

303-443-2010

303-443-7882FAX

GENERAL HEALTH GUIDELINES

HEALTHY DIET: Many opinions and versions exist about what is best. In general, less starches, sugars and more complex carbs is ideal and perhaps more vegetables, fruits and roughage. Less hard fats (animal fat), more vegetable oils (unsaturated fats), NO TRANS FATS (hydrogenated oils). Consider a balanced amount of protein in your daily diet.

DAILY MULTIVITAMINS: Vitamins are essential for life! Known deficiencies cause disastrous consequences, but subtle deficiencies may lead to less obvious "un-wellness." We highly recommend daily supplements of Multivitamins to assure that no subtle deficiencies disrupt your optimal health.

VITAMIN D: 800-1000 iu/day

CALCIUM: 1200-1500 mg/day (IN DIVIDED DOSES!)

1c milk=300mg 1c yogurt=400mg

1 oz cheese=200mg 1/2c tofu=400mg

* **MAGNESIUM:** 250-750 mg/day

* 2 oz almonds/hazelnuts=170mg 4 oz tofu=120mg

* 4 oz halibut/mackerel=120mg 1c spinach=155mg

EXERCISE: Aerobically with a maximum heart rate approx $(220 - \text{age}) \times 60\%$ to 80%

*Cardiovascular exercise=walking, swimming, biking, running, etc.

*Walking fast is ideal for bone density maintenance and cardiovascular

*Recommend 30 minutes daily

* HEALTH SCREENING GUIDELINES*

MAMMOGRAM: Baseline @ age 35, then yearly after age 40

BONE DENSITY: Screening recommended by individual needs and history

COLONOSCOPY: Screen @ age 50, earlier if + family history, repeat as indicated

HEART SCAN: Women @ age 50

Men @ age 40

LAB TESTS: _____

COMMONLY REQUESTED PHONE NUMBERS

Please check with your insurance plan to see if they participate with these providers. If you need a referral, please call your primary care provider.

MAMMOGRAMS:

*Boulder Community Hospital: **303-440-2170**

*Women's Imaging Center (Cherry Creek):**303-321-2273**

BONE DENSITY: HEEL SCAN/DEXA SCAN:

*The Thayer Group for Women's Care: **303-443-2010 ext. 0**

*Flatirons Osteoporosis Center: **303-440-0444**

*Boulder Community Hospital: **303-440-2170**

NUTRITIONIST:

*Erin Livers

303-499-6059

COLONOSCOPY:

*Boulder Medical Center: **303-440-3000**

*Gastroenterology of the Rockies: **303-444-4066**

ANNUAL: Recommend setting your annual exam 1 year early so we don't lose track.

BIOFEEDBACK:

*Kate Harding, RNC

303-247-9197

HEART SCAN:

*Dr. Blanchett

303-443-7226

HEART ATTACK

PREVENTION:

*Dr. Turnbow

303-554-4353

EDUCATION / MORE INFORMATION

PLEASE see our website (THAYERMD.COM) and touch on Education/Learning. We will try to update this info and gradually include topics on Women's Health issues, plus links to other important websites.