

2. Health Examination as a Basis for Program

A periodic health examination by a skillful, competent, scientifically trained examiner with proper interpretation is the best basis for an individual hygiene program.

If an individual has decided to make use of this highly important health procedure, he should give consideration to a number of the important details.

a. Examiner

If the choice of the adviser has been a sound one, the individual should discuss with the examiner the nature and completeness of the examination.

b. Frequency of Examinations

This should be decided by the examiner based upon the age and physical condition of the individual.

c. Nature of Health Examination

While the details of the examination are best decided by the physician, it is well for the individual to be sufficiently familiar with what is ordinarily considered by well trained physicians as the main essentials for estimating the health level of an individual.

- (1) Family health history
- (2) Health history of individual
- (3) Health habits
- (4) Symptoms of health disturbances
- (5) Height, weight, age relations
- (6) General physical inspection
- (7) Vision and hearing
- (8) Nose and sinuses
- (9) Dental examination
- (10) Heart and circulation, including blood pressure
- (11) Lungs
- (12) Abdomen
- (13) Pelvic organs
- (14) Urinary analysis
- (15) Blood analysis, where indicated by examination or history
- (16) Special examinations for definite diagnosis
- (17) Immunity to certain diseases
- (18) Interpretation

References: Storey--Individual Hygiene, Chapter 13
Fisher and Fiske--How to Live, Chapters 1-5
Fiske, E.L.--Health Building and Life Extension, Chapter 7